

MENTAL HEALTH

4-7-8 BREATHING

Breathing exercises are a great way to relax, reduce tension, and relieve stress. Breathing exercises are easy to learn. You can do the 4-7-8 breathing anywhere and anytime you need it.



You can watch the 4-7-8 breathing video here. It is recommended to do this exercise with friends or family. You can do this exercise sitting, lying down, standing, or in any comfortable position.



Difficulty Level:
Intermediate

It is recommended to first master abdominal breathing before starting to practice the 4-7-8 breathing technique.



INSTRUCTIONS

1. To start, place one hand on your abdomen and the other on your chest.

2. Take a slow, deep breath from your abdomen and silently count to four while inhaling.



3. Hold your breath and silently count from one to seven.

4. Completely exhale while silently counting from one to eight. Try to expel all the air from your lungs by the time you reach eight.



5. Repeat three to seven times or until you feel calmer.

Note how you feel at the end of the exercise. If this exercise worked well for you, add it to your list of resources to use when stressed.



The instructions for the 4-7-8 breathing are based on this resource from the organization [CIGNA](#).

If you are interested in obtaining more information about different self-help coping strategies, visit our Unaccompanied Children Resource Center: ucresourcecenter.org.