



4-7-8 BREATH PRACTICE

This is a simple breath practice that you can do anywhere



1 Sit in a relaxed position with your eyes open or closed, feet on the floor, relaxing back into your chair.

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4 Slowly inhale through your nose for the count of 4 with your tongue resting on the roof of your mouth.

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2 Slowly exhale for a count of 8 relaxing your tongue in your mouth. Your exhale should be twice as long as your inhale.

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5 Do this breath for 2-4 rounds.

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3 Hold the breath for a count of 7

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6 Build up to longer cycles of inhalation and exhalation for example breathing in for 6 and exhaling for a count of 12.

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Body scan technique:

This simple relaxation technique will calm you down and focus your energy to create more awareness of your body so you can manage stress, pain or illness when they arise. It will help you to connect to the signs of stress and manage it before it turns into a chronic condition. You can find a guided video practice on the internet or guide yourself through this practice. This technique scans your entire body from your feet to your head.

- Relax into your chair if you are sitting, you can also do this one lying down or standing. If you are sitting, place your feet on the floor with your arms in a relaxed position. Gently close your eyes.
- Begin breathing through your nose deeply into your lower belly below your naval, followed by a long slow exhalation through your nose.
- Take a few slow, deep breaths in this manner and focus on the your breath bringing in a quiet, focused mind. Let go of any distracting thoughts that may come in and reconnect your attention to your breath.
- As you breathe slowly inhaling and exhaling send your focus to each body part sequentially starting with your toes and release any tension or pain that you are holding there and relax each body part as you scan up the body from your toes to the top of your head.
- Start with your feet and work your way up: toes, feet, ankles, lower legs, upper legs, sitting bones, hips, lower abdomen, stomach, torso, chest, back, shoulders, arms, hands, fingers, neck face and head.