

# 4-7-8 Breathing for Stress Management

When you're under stress, your muscles tense and breathing becomes shallow and rapid. Chronic stress can lead to a weakened immune system, therefore it is important to utilize these simple and effective tools to reduce the stress response.

**What:** The 4-7-8 breathing technique, also known as '*relaxing breath*,' is a form of focused attention breathe work which aims to reduce stress and anxiety.

**How:** Use deep belly breathing for this exercise. You know you are deep belly breathing when you take a deep inhale and your belly moves out. When you are shallow breathing and inhale, your chest rises. 4-7-8 Breathing involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds.

**Example:** YouTube Video Title and Link: 4-7-8 Breathing Exercise by GoZen - <https://youtu.be/UxbdX-SeOOo>

**Why:** With each deep belly breath you oxygenate the cells, slowing your breathing and therefore the body's stress response including lowering blood pressure, aiding digestive processes and slowing the inflammatory response. By letting go of tension, deep breathing can also relieve headaches, back aches, stomach aches, and sleeplessness. It also releases endorphins for feelings of pleasure.

