

4-7-8 Breathing Exercise

1

Breathe in for 4
seconds

Hold your breath
for 7 seconds

2

3 Breathe out slowly
for 8 seconds

Repeat at least 3x

This simple exercise activates
the parasympathetic nervous
system responsible for "rest and
digest" which helps lower your
heart rate and relax your
internal organs

SARAHROSECOACHING.COM