

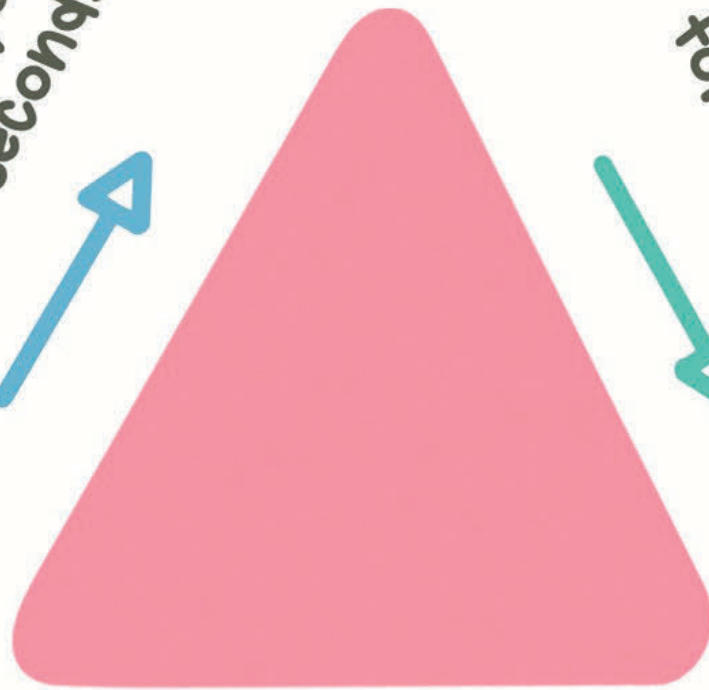
4-7-8 BREATHING TECHNIQUE

Repeat 3 times

*Inhale through your
nose for 4 seconds*



*Hold your breath
for 7 seconds*



*Exhale for 8 seconds
through your mouth*