WANT TO: CALM YOURSELF? REDUCE STRESS? FALL ASLEEP?

Try the 4-7-8 relaxing breath exercise:

Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there during the entire exercise.

1. Exhale completely through your mouth, making a “whoosh” sound.
2. Close your mouth and inhale quietly through your nose to a mental count of 4.
3. Hold your breath for a count of 7.
4. Exhale completely through your mouth, making a “whoosh” sound to a count of 8.
5. This is one breath. Inhale again and repeat the cycle three more times for a total of four breaths.

Do not do more than four breaths at one time for the first month of practice. Once you develop this technique by practicing it every day, it will be a very useful tool and natural tranquilizer for the nervous system that you will always have with you.

Adapted from www.drweil.com