

Breathing Technique

There are moments during the day or week when things can get hectic, for example: completing daily tasks, preparing for deadlines, maintaining calendars, attending meetings, assisting students, etc. Sometimes it is best to excuse oneself for a quick break and breath. Here is a breathing technique provided by [Positive Choice Integrative Wellness Center](#).



breathe

4

Close your mouth, inhale through your nose to a mental count of **four**.

7

Hold your breath for a count of **seven**.

8

Exhale completely through your mouth to a count of **eight**.

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