

Name: _____



Date: _____

Mental H2O Inc.
HELP OUR YOUTH

MINDFUL BREATHING

4 - 7 - 8 Breath Technique



INTRODUCTION

Breathing exercises are powerful tools to help us relax, reduce stress, and stay present in the moment. In this worksheet, you will explore the 4-7-8 breath technique: This technique can be practiced anytime, anywhere, to bring a sense of calm and mindfulness into your life.

INSTRUCTIONS: 4-7-8 BREATH

- Find a comfortable sitting or lying position.
- Close your eyes if you feel comfortable doing so.
- Inhale quietly through your nose for a count of 4 seconds.
- Hold your breath for a count of 7 seconds.
- Exhale completely and audibly through your mouth for a count of 8 seconds.
- Repeat this cycle for 4 breaths, gradually increasing to 8 breaths as you become more comfortable.

REFLECTION QUESTIONS

1. How did you feel during the 4-7-8 breath exercise?

2. Did you notice any changes in your body or mind after practicing this technique?