

4-7-8 Belly Breathing Exercise to Manage Anxiety

Step 1

Place hand on belly
& inhale through
nose for 4 Counts
until your belly
pushes out



Inhale

Step 2: Hold breath for 7 Counts

Step 3

Exhale through
mouth for 8 Counts &
push down on belly
to get all the air out



Exhale

Repeat cycle as
many times
as needed