

# 4-7-8 Breathing Technique

This is a breathing exercise that can be done anywhere, anytime to aid in stress reduction, grounding and even sleep.



Take a deep breath and...

5. Name **Five** things you see around you. 

4. Name **Four** things you can touch around you. 

3. Name **Three** things you hear. 

2. Name **Two** things you can smell. 

1. Name **one** thing you can taste. 

# Grounding With Your Five Senses