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

4-7-8 Breathing Technique

1. Name **one** thing you can taste.
2. Name **two** things you can smell.
3. Name **three** things you hear.
4. Name **four** things you can touch around you.
5. Name **five** things you see around you.

Take a deep breath and...

*Inhale* 4 count
*Hold* 7 count
*Exhale* 8 count

Grounding with your five senses