

# Come Home to Your Breath

## A 4-7-8 Breathwork Practice for Nervous System Calm & Present Moment Awareness

In moments of overwhelm, anxiety, or emotional reactivity, the most powerful tool you have is already within you—your breath. The 4-7-8 breath is a simple, evidence-based practice that helps calm the nervous system, regulate stress hormones, and bring you back into the present moment. Whether used in the morning, between classes or meetings, or before sleep, this breathing technique is a reset button for your mind and body.

### What Is 4-7-8 Breathwork?

A rhythmic breathing practice grounded in parasympathetic activation; the 4-7-8 breath pattern is:

- Inhale through the nose for 4 counts
- Hold the breath for 7 counts
- Exhale slowly through the mouth for 8 counts

**This ratio helps activate the vagus nerve, lower cortisol, and signal to your body that it's safe to relax.**

### Benefits of 4-7-8 Breathwork

- Calms racing thoughts and anxiety
- Supports better sleep and emotional balance
- Activates the parasympathetic nervous system
- Enhances focus and mental clarity
- Builds self-trust through embodiment

### How to Practice

1. Find stillness. Sit or lie down in a quiet space. Close your eyes if you feel safe.
2. Inhale through your nose for 4 counts. Feel your belly rise.
3. Hold the breath for 7 counts. Soften your shoulders and jaw.
4. Exhale slowly through your mouth for 8 counts. Imagine releasing tension.
5. Repeat for 4 full cycles. (Build up to 8 as you get more comfortable.)

Optional: Place one hand on your heart and one on your belly to feel the rhythm of your breath.

## Affirmations

- I am safe to slow down.
- I am present in this moment.
- I trust my breath to guide me home.



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