

Grounding Exercise

Below is a breathing based grounding exercise. Breathing exercises can be practiced anywhere. If you feel anxious when you are out and about, or need to refresh yourself during the work day, breath work is a great way to add some relaxation to your day.

4-7-8 Breathing

Breathe in for 4 seconds.

Hold Breath for 7 seconds.

Breathe out for 8 seconds.

Optional: Repeat 3x or 5x for deeper relaxation!



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