

## Breathing Card Example: 4-7-8

Use this visual support to guide an individual through deep breathing when they are feeling anxious, stressed, overwhelmed, or anytime to calm the body and mind. The card can be placed in a specific area or travel with the individual.

As the arrows indicate, the individual should follow these steps to complete one cycle.

- Inhale through the nose for 4 seconds.
- Hold your breath for 7 seconds.
- Exhale slowly through your mouth for 8 seconds.

Depending on how the individual responds, you may need to repeat the cycle more than one time.

