



BREATHE

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**KNOW
THE SIGNS**

Funded by counties through the Mental Health Services Act (Prop 63).



4-7-8 Breathing Technique

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

Follow these steps:

1. Find somewhere comfortable to sit. If you can, close your eyes.
2. Breathe in through your nose for a count of 4.
3. Hold the breath for a count of 7.
4. Exhale through your mouth for a count of 8.
5. Repeat the cycle as many times as you would like!



Your mental health is just as important as your physical health. If you or someone you know is struggling emotionally, help is available. Call the CA Peer-Run Warm-Line **855-845-7415** to speak to a counselor 24/7.

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