

4 - 7 - 8 BREATH

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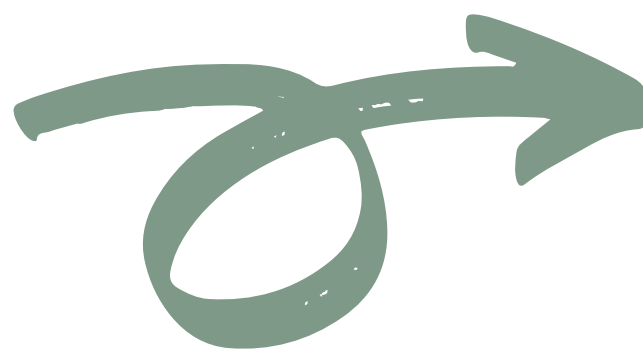
Anti-Stress

Anti-Anxiety

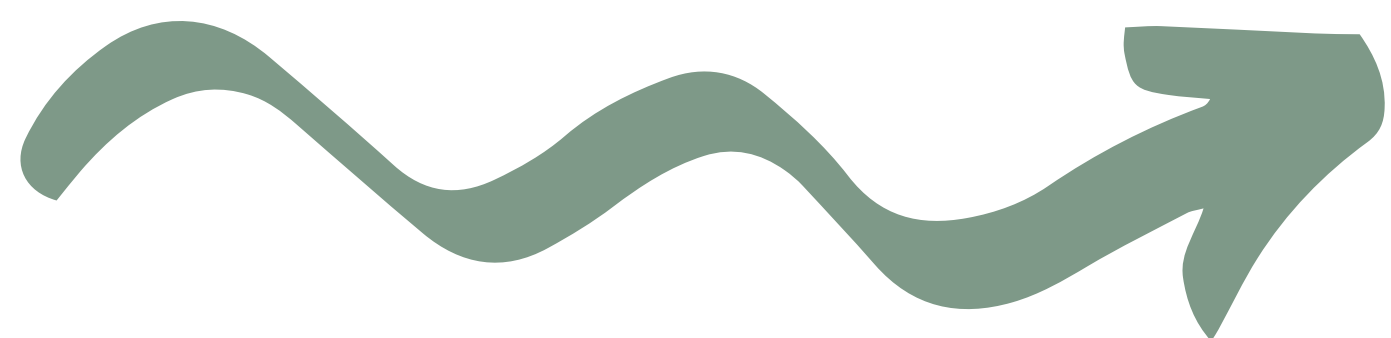
INHALE 4



HOLD 7



EXHALE 8



Inhale for a count of 4.

Hold for a count of 7.

Exhale for a count of 8.

Repeat.

Slow. Smooth. Continuous.