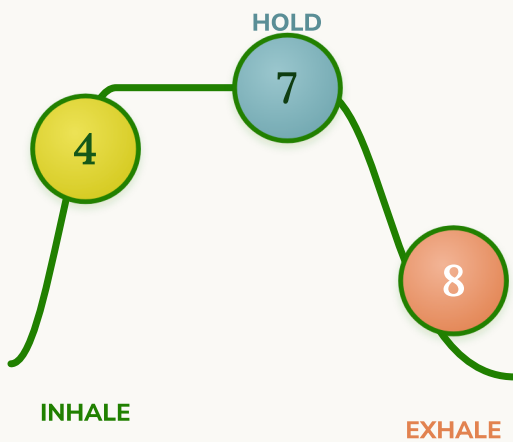


FOR THE END OF THE DAY

4-7-8 breathing for *winding down*

A slower breathing pattern for the end of the day, when the goal is winding down rather than staying alert.



How it works

- 1 **Inhale** through your nose for 4 counts.
- 2 **Hold** your breath for 7 counts.
- 3 **Exhale** slowly through your mouth for 8 counts.

Repeat for 4 rounds. It can feel unfamiliar at first, and that's normal.

WHEN TO USE IT

Before bed, after a demanding day, or any time the goal is to properly switch off rather than push through.

WHY IT HELPS

A longer exhale than inhale is one of the simplest ways to shift your body out of an alert state and towards rest.

If lying down feels more natural for this one than sitting up, that's fine. Do whatever helps you settle.

— One breath at a time is enough. —

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