The 4-4-8 Breathing Technique

What is 4-4-8 Breathing?

The 4-4-8 breathing technique is a basic breathing technique designed to help you relax and focus. This technique is great if you feel stressed or tense. Using this technique can help you get rid of the tension so you can focus on what you need and want to do. No matter what your goal is, deep breathing can help you focus, clarify your thinking, and feel less stressed as you move forward.

This breathing technique is called 4-4-8 Breathing, and it has four easy steps:

1. Breathe in through your nose for a count of 4, taking the breath into your stomach.
3. Release your breath through your mouth with a whooshing sound for a count of 8. Think of emptying a glass of water.
4. Without a break, breathe in again for a count of 4, repeating the entire technique three to four times in a row, then resume normal breathing and activity.
5. Focus on counting when breathing in, holding the breath, and breathing out.

You may find yourself feeling mildly light-headed after doing this. That’s actually a sign it is working, and it will quickly pass. Feel free to do this as often as you want, but you may need to get used to it first.

If you use a second hand on a watch to count your breaths, the whole exercise will take just 57 seconds! But it doesn’t really matter if each count lasts an actual second; it only matters that you count evenly so the ratio of 4-4-8 is maintained.