

Easy Meditation to De-Stress

A woman with dark hair tied back, wearing a bright red short-sleeved shirt and orange pants, is sitting in a meditative lotus position on a white, curved mat. She is in a vast, open field of tall grass under a blue sky with scattered white clouds. The background shows a flat horizon line.

4-7-8 Breathing

Lie down or sit up in a comfortable position.

Exhale fully through the mouth.

Put your tongue on the soft tissue behind your upper front teeth.

Inhale through the nose for a count of 4.

Hold your breath for a count of 7.

Exhale through the mouth, (keeping your tongue on the soft tissue of the upper front teeth.

Do this for 4 cycles, 2 times a day for 6 weeks. Consistency is extremely important

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