



## Pause, Reset, Nourish:

# 4,7,8 BREATHING

### WHEN TO USE

- As preparation for a shift
- To begin a CQI huddle
- In a moment of distress
- Prior to/during a difficult conversation

### CATEGORY

Body based grounding through breath

### THE SCIENCE BEHIND THIS PRACTICE

Paced Breathing is an effective tool that promotes distress tolerance and calms the sympathetic nervous system which is activated during a stress response.

### OVERVIEW

4,7,8 Breathing is a grounding breathing practice that can be used to prepare or respond to distressing situations. It can also be used to promote sleep and calm anxious thoughts that may emerge when trying to fall asleep.

Deep breathing is FREE, you always have it with you. You can use it in moments of distress even when “taking a break away” is not possible. Because it requires no equipment it is something you can engage in the middle of a difficult meeting or interaction to support regulation in that moment.

<b>HAT IS NEEDED</b>	No equipment needed, just yourself
<b>PAUSE</b>	Take a full, deep breath and focus your attention inward. What do you notice in your thoughts, emotions and body sensations? Do you notice signs of anxiety, anger, restlessness, etc. or signs of detachment, numbing, etc.? If you are familiar with the Mental Health Continuum, what color are you: green, yellow, orange, or red zone?
<b>RESET</b>	<p>Take 1 minute to ground yourself with paced breathing.</p> <p>Sit or stand comfortably with your feet flat on the floor. Place your hands on your low belly to ensure this is where you are initiating the breath from meaning the belly raises before the chest.</p> <p>Guide your breathing through 4, 7, 8.</p> <p>Breathe in through your nose for 4.</p> <p>Hold your breath for 7.</p> <p>Slowly exhale for a count of 8.</p>

	Repeat 3 or more times. (see also PRN Diaphragmatic Breathing for more info)
<b>NOURISH</b>	Notice once again what is here for you now with curiosity and without judgement. Take time to acknowledge the important work that you are doing and that you took a moment to reset and replenish yourself. This is good for you. This is good for others.
<b>FURTHER RESOURCES/ REFERENCES</b>	<a href="https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/">https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/</a>

**NOTES/SPECIAL CONSIDERATION:**

If further support is needed please reach out to a trusted colleague, your manager, Resilience Support Team Member, The Peer Support Line, or EAP services.