

# Breathe more. Stress less. Keep the pressure down.

Use the 4-7-8 breathing technique to lower your stress level.



1. Close your mouth and inhale through your nose for a silent count of 4.
2. Hold your breath for a silent count of 7.
3. Exhale completely through your mouth for a silent count of 8.

Repeat the cycle three times.

**ZOLL**

