# FOUR COUNT BREATHING

### Purpose & Focus

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body.

Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax.

### Participants

Any number of participants.

### Time Allotment

5 Minutes (or less)

### Activity Level

Low

### Materials

No materials required

### Method

- Breathe and count to 4 with each part of the breath:
    o Breathe in 2, 3, 4,
    o Hold 2, 3, 4,
    o Breathe out 2, 3, 4,
    o Hold 2, 3, 4.

*Repeat several times.*