



Drayton's View
THERAPY AND WELLNESS
SERVICES, PLLC

Where Healing Meets Perspective

BREATHING EXERCISES

How to Use These Breathing Exercises

Breathing techniques are simple tools you can use anytime to calm your mind and body. Follow the steps for each exercise —like Box Breathing, 4-7-8 Breathing, or the 5-4-3-2-1 Grounding method—to reduce stress, improve focus, and bring yourself back to the present moment. Practice regularly so these techniques become easier to use when you need them most.

Box Breathing (4x4)

Inhale 4 seconds - Hold 4 seconds - Exhale 4 seconds - Hold 4 seconds (Repeat)

4-7-8 Breathing

Inhale 4 seconds - Hold 7 seconds - Exhale 8 seconds

Grounding Technique (5-4-3-2-1)

Notice: 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste.

How did I feel after vs before?
