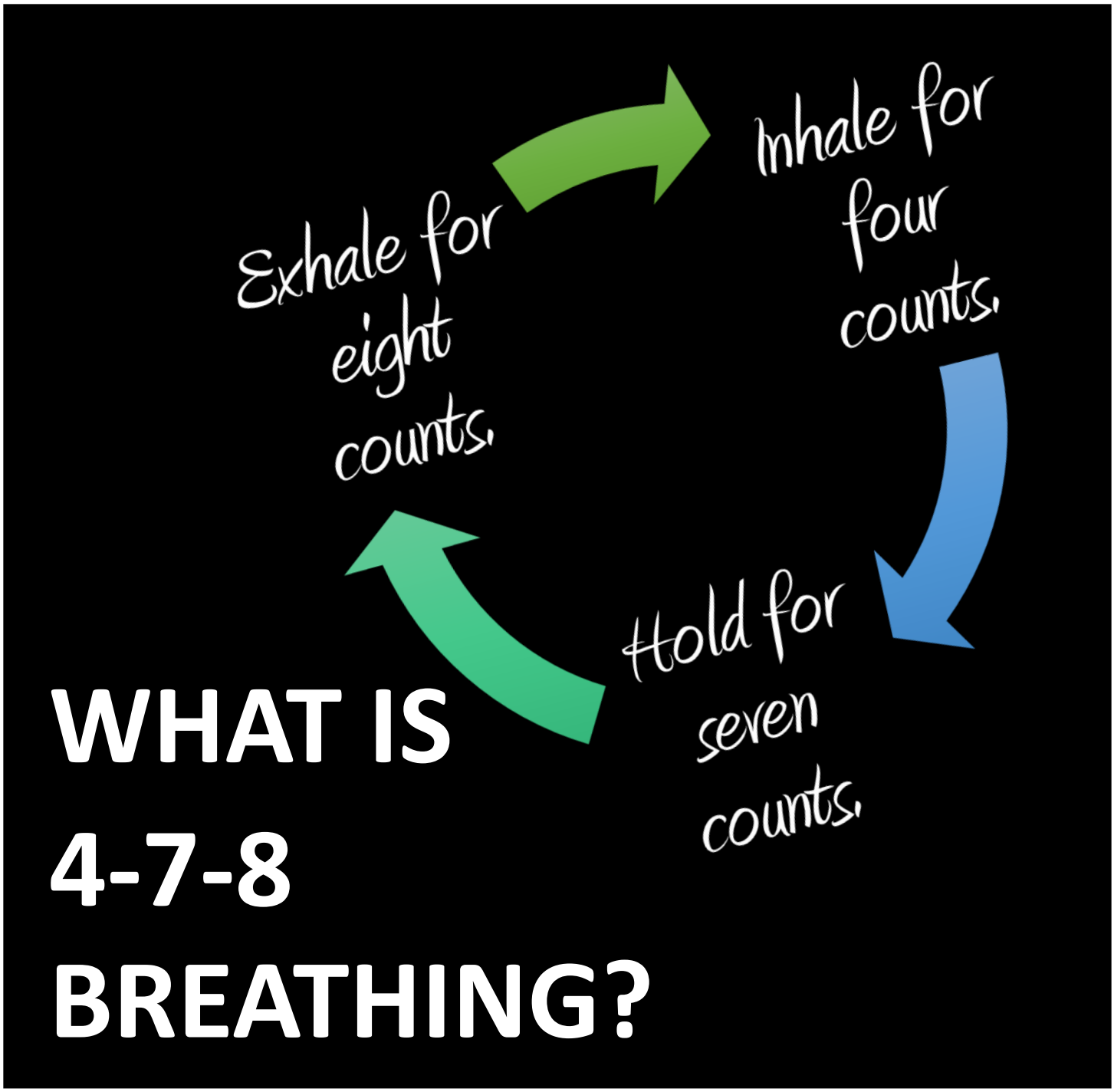

WHAT IS 4-7-8 BREATHING?

When we're feeling stressed or anxious, intentionally slowing down our breathing can help calm our nervous system and soothe negative feelings. 4-7-8 Breathing was developed by Dr. Andrew Weil. Try using it for 3-4 cycles next time you feel tense.

Learning techniques to help us relax or calm down encourages Self-management, one of five core Social Emotional Learning Competencies. Learn more here: bit.ly/nysel