

# Conscious Breathing

This old standard has become common advice but it works:

- ✓ Count to 4 as you slowly breathe in, using measured, steady breaths
- ✓ Hold your breath for 7 counts
- ✓ Exhale slowly for 8 counts
- ✓ Do this 4 times in a row, at least twice a day.

Not only does this exercise have the physical benefits of clearing out your lungs and getting a fresh supply of oxygen to your blood, but it also makes you pause for a few minutes. Let it become a habit.

