

## **1-8 Breathing\***

**Slowly inhale counting one, pause for a moment and slowly exhale counting two...**

**Slowly inhale counting three, pause for a moment and slowly exhale counting four...**

**Slowly inhale counting five, pause for a moment and slowly exhale counting six...**

**Slowly inhale counting seven, pause for a moment and slowly exhale counting eight...**

**Try to feel the cool air as you inhale and the warmth of your breath as you exhale**

**You may repeat this for another four breaths...**

**\* From Dr John Mason Stress Education Center [www.dstress.com](http://www.dstress.com)**