



MEDIA LITERACY

IN THE BALTICS

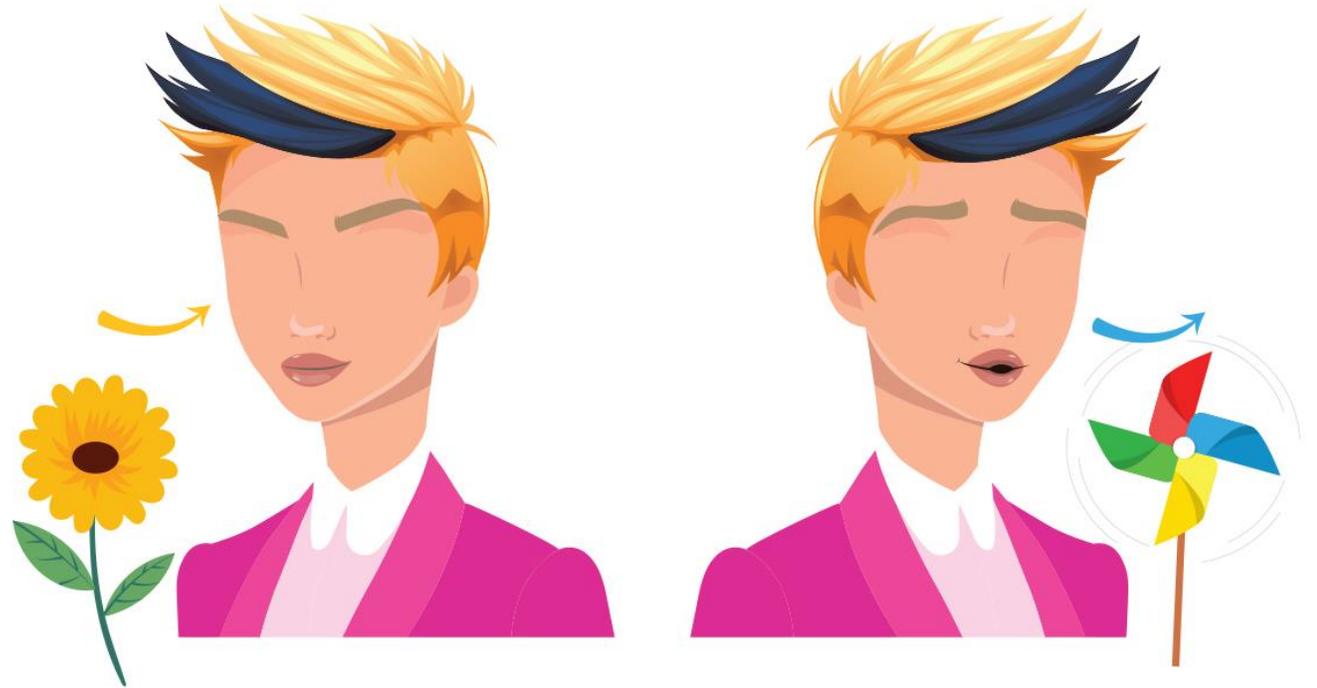
Simple Breathing Exercises For your *Digital Wellness*



Research shows that deep breathing
is an effective means to evoke
relaxation and manage stress

Source
[article](#)

4-4-4 Breathing Technique



This is a very simple breathing technique called 4-4-4 that you can do at any time of the day. You can make this a part of your routine and practice it when you're feeling strong emotional responses to news or external activities, or even when you wake up, are on a walk or the bus, or have 5 minutes in between meetings.

Let's practice! Empty all the air out of the lungs to begin. Inhale through your nose as you slowly count 1-2-3-4, hold the breath for four counts, and exhale through the mouth with a 'whoosh' sound to the count of four. Use your diaphragm for this breath – watch and feel your belly expand as you inhale! Try this three times and notice how you feel.