

Deep Breathing Technique - The 4-5-6 Exercise

The 4-5-6 breathing exercise is very simple, it can be done anywhere, and you can do it at any time. It's free, quick and doesn't require equipment.

Before you begin, sit with your back straight and place the tip of your tongue on the roof of your mouth just above your teeth and keep it there throughout the exercise.

Exhale completely through your mouth - quite forcefully so you make a "whoosh" sound.

Close your mouth and inhale quietly and softly through your nose for a mental count of four.

Hold your breath and count to five.

Exhale completely through your mouth, making another whoosh sound for six seconds in one large breath.

Inhale again and repeat the cycle three times for a total of four breaths.

Feeling fear is Normal

Feeling anger is Normal

Missing my family is Normal

To take care of myself I can learn
to breathe, pray and meditate.

Normalize

(phrases for children to learn that these emotions are natural and it is normal to feel them)

More Resources



ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



<https://techtransfercenters.org/southern-border-resources>

SAMHSA
Substance Abuse and Mental Health
Services Administration