



Los Angeles County DMH, Continuum of Care Reform Division

Trauma Tip of the Week: Deep Breathing

When working with children and youth that have experienced trauma our own trauma responses are often triggered in that process. It is important to learn and recognize your own trauma responses and take breaks throughout the day to relax and engage in deep breathing and/or meditation exercises to help with self-soothing and avoid burning out.



"4-7-8 Breathing"

Start Deep Breathing by slowly taking a deep breath into your belly and count to 4 seconds in your head as you inhale.

Hold the breath while counting from 1 to 7 seconds in your head.

Exhale the breath slowly as you count from 1 to 8 seconds in your head.

Continue inhaling and exhaling at the same pace for 3 to 7 breaths or until you are feeling a sense of calm .

Important: Try to take notice of how you feel before and after completing this exercise.
