

7-11 Breathing Technique

7/11 breathing is a simple but powerful breathing technique.

It switches off your stress-response system, the autonomic nervous system, and turns on your rest and digest system, the parasympathetic nervous system. It is one of the quickest techniques for changing your state.

When is it good to use?

This is great to use in times of:

- Panic
- Stress
- Anxiety
- Overwhelm
- Challenging situations – it helps you stay calm

How do I do it?

- 1. Breathe in for the count of 7**
- 2. Then breathe out for the count of 11**
- 3. Repeat at least 3 times**

Tips

Make sure that when you are breathing in, you are doing deep 'diaphragmatic breathing' (your diaphragm moves down and pushes your stomach out as you take in a breath) rather than shallower higher lung breathing.

If you find that it's difficult to lengthen your breaths to a count of 11 or 7, then reduce the count to breathing in for 5 and out for 9 or in for 3 and out to 5, as long as the out-breath is longer than the in-breath.

Do this at least 3 times for a quick state change. You can continue for 5-10 minutes or longer if you want and have the time.