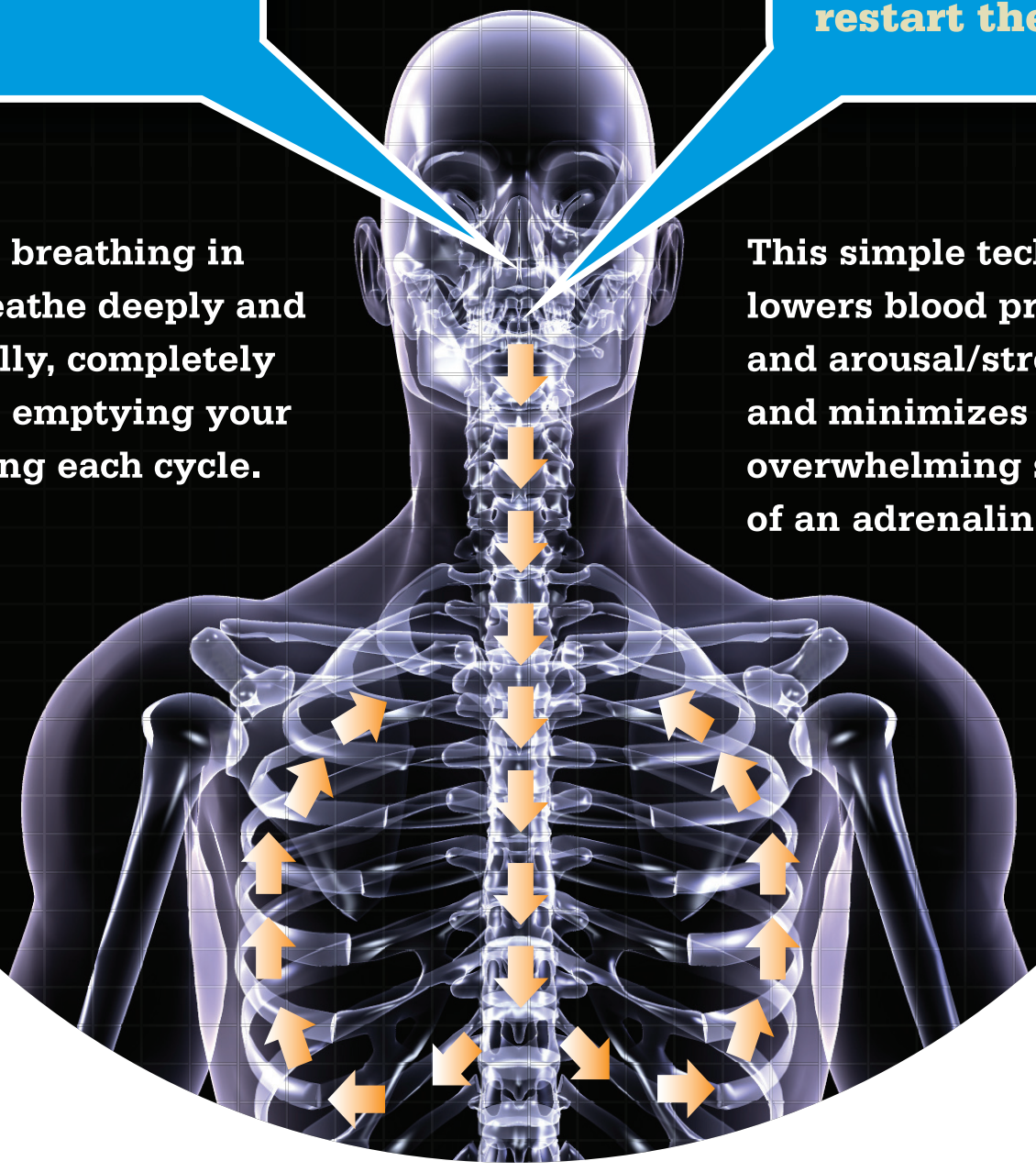
1. Breathe in through your nose for a four-count. Hold your breath for a four-count.

2. Exhale through your mouth for a four-count. Hold your breath for a four-count. Then restart the cycle.



You do the breathing in cycles. Breathe deeply and methodically, completely filling and emptying your lungs during each cycle.

This simple technique lowers blood pressure and arousal/stress levels, and minimizes the overwhelming side effects of an adrenaline dump.