

The inequality can be rewritten as:  $2z + 4 \geq 8$  or  $2z + 4 \leq -8$

Subtract 4 from both sides of both inequalities:  $2z \geq 4$  or  $2z \leq -12$

Divide both sides of both inequalities by 2:  $z \geq 2$  or  $z \leq -6$