

## Strategies to Practice Coherent Breathing

Please refer to the list below of what care aides reported to us would help them to practice coherent breathing regularly.

### Practice Coherent Breathing at Work:

- at daily debriefing sessions,
- during shift changes,
- at the end of the shift when there are no remaining tasks,
- on breaks,
- as a group at in-service sessions, unit huddles, or designated breaks,
- whenever a stressful situation arises at work (e.g., being confronted by someone),
- as a tool to stay engaged during night shifts,
- while providing care for residents such as meal times.

### Practice Coherent Breathing at Home by:

- forming a group of co-workers, friends, or family members (e.g., creating a Facebook or WhatsApp group that helps keep everyone motivated),
- setting an alarm in your phone to remind you to practice coherent breathing,
- playing calming sounds (e.g., rain) while you practice to help you relax,
- incorporating it into your daily sleep routine or doing any routine work (e.g., washing dishes),
- showing the coherent breathing technique to others,
- viewing coherent breathing as time set for self-care or as a tool to learn how to set boundaries and claim time for self,
- setting a timer (e.g., start with 2 minutes and increase up to what you feel is comfortable),
- incorporating coherent breathing with another self-care or exercise routine like stretching or yoga,
- tracking or keeping a record of when you practice coherent breathing as motivation.