

Coherent Breathing Facilitation Guide

Please refer to this guide for practical education and training tools for facilitating coherent breathing practice at your long-term care home.

Provide Resources in the Care Home:

- Begin by introducing the benefits of coherent breathing. Refer to the “Experience & Testimonials” section of the breathing toolkit website for a detailed list of benefits.
- Posters in the care home as a reminder to practice coherent breathing (e.g., staff break room, sensory room, etc.). Posters can be downloaded at the breathing toolkit website.
- Display the guided coherent breathing video on the break room TVs.

Provide Education and Training:

- Provide training and education material for care aides about the benefits of coherent breathing (posters can be found in the breathing toolkit website).
- Demonstrate coherent breathing technique using the guided coherent breathing video in the breathing toolkit website.
- Email the guided coherent breathing video to care aides for easy access and sharing.

Practice as a Group:

- Begin or end staff meetings with a brief coherent breathing session.
- During work encourage coherent breathing practice at huddles, check-ins, shift changes, and in-services.
- Incorporate cohere breathing to a pre-existing self-care routine at your home like a stretching routine.
- Encourage care aides to practice outside with family members, friends, and co-workers.

Create a Dedicated Space:

- Create a dedicated space at the care home for care aides to practice coherent breathing. Ensure spaces are comfortable, well-lit, and equipped with resources such as guided coherent breathing posters and videos.

Recognition and Rewards:

- Acknowledge care aides who actively engage in coherent breathing practices.
- Consider using social media platforms or creating a staff bulletin board to celebrate consistent participation.

Lead by Example:

- Demonstrate the importance of coherent breathing by practicing it yourself. The more care aides witness you practice coherent breathing, the more likely they will practice.
- Share personal experiences and benefits gained from incorporating coherent breathing into your routine.