

SUPPORTING STAFF IN MANAGING STRESS

TREC WORKFORCE RESILIENCE STUDY

HOW PARTICIPANTS MADE COHERENT BREATHING WORK FOR THEM

ADAPT

Long-term care staff lead busy lives and juggle many different responsibilities at work and home, so we encouraged participants to modify the coherent breathing technique to make it work for them.

Participants adapted coherent breathing into their regular routines. This significantly improved their ability to cope with stressors and contributed to a more resilient workforce.



PRACTICE ANYWHERE

"I have gone through some medical problems, and while waiting at the doctor's office, you get so anxious. So this breathing exercise... was helping me a lot while waiting for appointments."



PRACTICE ANYTIME

"During work, before work, after work, after I got home...prior to going to bed, and anytime at work...I used coherent breathing just to back up and take five minutes."



PRACTICE IN ANY SITUATION

"I just took the nursing board exam recently and I was able to use it...I got panicked and then I remembered... to breathe calmly...It helped me so much. I passed the exam."