

WORKFORCE RESILIENCE

THE BREATHING STUDY

TREC's Workforce Resilience study supports the mental health and well-being of front-line staff in long-term care facilities by offering one method of stress management.

STEP 1

LOW

Breathe low into your belly, with your belly rising as you breathe in and collapsing as you breathe out. Place a hand on your belly and feel it move as you inhale and exhale, ideally through your nose.

STEP 2

SLOW

Without pausing, inhale evenly and slowly to a count of 4, 5 or 6 – whichever is most comfortable – then exhale evenly and slowly to the same count of 4, 5 or 6.

STEP 3

EVEN FLOW

Inhale and exhale the same length of time with no pause between breaths. Let each breath flow into the next.

COHERENT BREATHING

Coherent breathing is a technique that involves shifting the rate, depth and evenness of our breathing to reduce stress.

Continue for as long as you feel comfortable. Start at 1-2 minutes per day and work up to 8-10 minutes per day. Try to do this 5-7 times per week. It took most staff about 5 weeks to develop the habit of coherent breathing, to feel the full effects, and to use it in personal and work situations.