

SIX WAYS PARTICIPANTS BENEFITTED FROM COHERENT BREATHING

TREC WORKFORCE RESILIENCE STUDY: Supporting Staff in Managing Stress

6 SELF CARE: LEARNING TO SET BOUNDARIES AND CLAIM TIME FOR YOURSELF

"It was something I kind of looked forward to because it was sort of 'my time'...I found it actually a pleasure putting that time aside for me. That's where I found the most benefit."



1 MANAGE STRESS AND ANXIETY

"It just made me kind of slow down a little bit... Even while I'm on my break, I find myself taking a minute and breathing the proper way...and I think it's calming, honestly."



2 IMPROVED FOCUS AND SELF-AWARENESS

"I didn't expect to have such a good improvement just from breathing...your stress levels will go down and you will be able to focus more on what you need to do."



COHERENT BREATHING

TREC completed a study where we evaluated a simple coherent breathing technique to manage the effects of stress with 254 staff from 30 long-term care homes. Questionnaires before and after the implementation of the coherent breathing technique determined how well it worked. Here's what we learned, in the words of our participants: health-care aides, nurses and managers.



5 SHARING THE TECHNIQUE TO HELP OTHERS

"I told [my grandparents] how to use it, actually. I can do the breathing exercise. It relaxes me; it helps me if there's so many things happening that I can't control...So my seniors are now using it back home."



3 FALLING ASLEEP FASTER AND SLEEPING BETTER

"The majority of sessions I did in the evening, not just prior to going to bed... and I felt that I slept that much better."

4 IMPROVED INTERACTIONS WITH RESIDENTS

"I deal with a lot of residents that have advanced stages of Alzheimer's, so they can't communicate so well, [but] when you're calm, they're calm...I try and calm myself down and it helps them too."