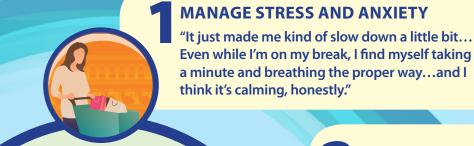
SIX WAYS PARTICIPANTS BENEFITTED FROM COHERENT BREATHING

TREC WORKFORCE RESILIENCE STUDY:

Supporting Staff in Managing Stress

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."



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.

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."

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."

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."

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."



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