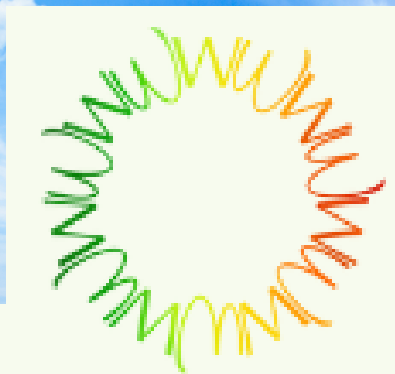


Weekly Wisdom

Grow the Green for You and Your Team



“Breathing, according to me, corresponds to taking charge of one’s own life.” -- Luce Irigaray

Not Just Any Breath, a 4-Square Breath

We have asked healthcare workers what they wish someone had told them when they were students or in the early stages of their career.

Can you guess what comes up most often?

They wish someone had told them to breathe. They wish they had known the importance of restorative breathing. Last week, we shared the “gel in and breathe” technique.

The **Four-Square Breath** is an even more focused practice, one that takes just 16 seconds. You can use it to start your shift or to begin a meeting. It will help move you closer to the Green Zone.

First start by exhaling completely, then...

Breathe in slowly for 4 sec

Hold the breath for 4 sec

Breathe out slowly for 4 sec

Hold for 4 second