

# Weekly Wisdom



*Grow the Green for You and Your Team*



*“In a world full of doing, doing, doing, it’s important to take a moment to just breathe, to just be.” -- Unknown Wise Person*

## Breathe In, Breathe Out

If you’ve taken any of our Wisdom, Wellbeing & Peer Support Training sessions, you’ll recall the value placed on wisdom practices.

Why do we value them? Because these tools equip us to respond in a healthy way to stressors in our workplaces and personal lives. They help us **Grow the Green**, as we like to say!

Here’s a reminder of one of the simplest practices to try when you feel stressed, overwhelmed, drained and/or irritable.

Just a few minutes of *mindful breathing* can help you move from a state of “reacting” to a place of feeling calmer and more capable. Use the linked breathing practice now and every time you can claim 5 minutes to calm your nervous system.