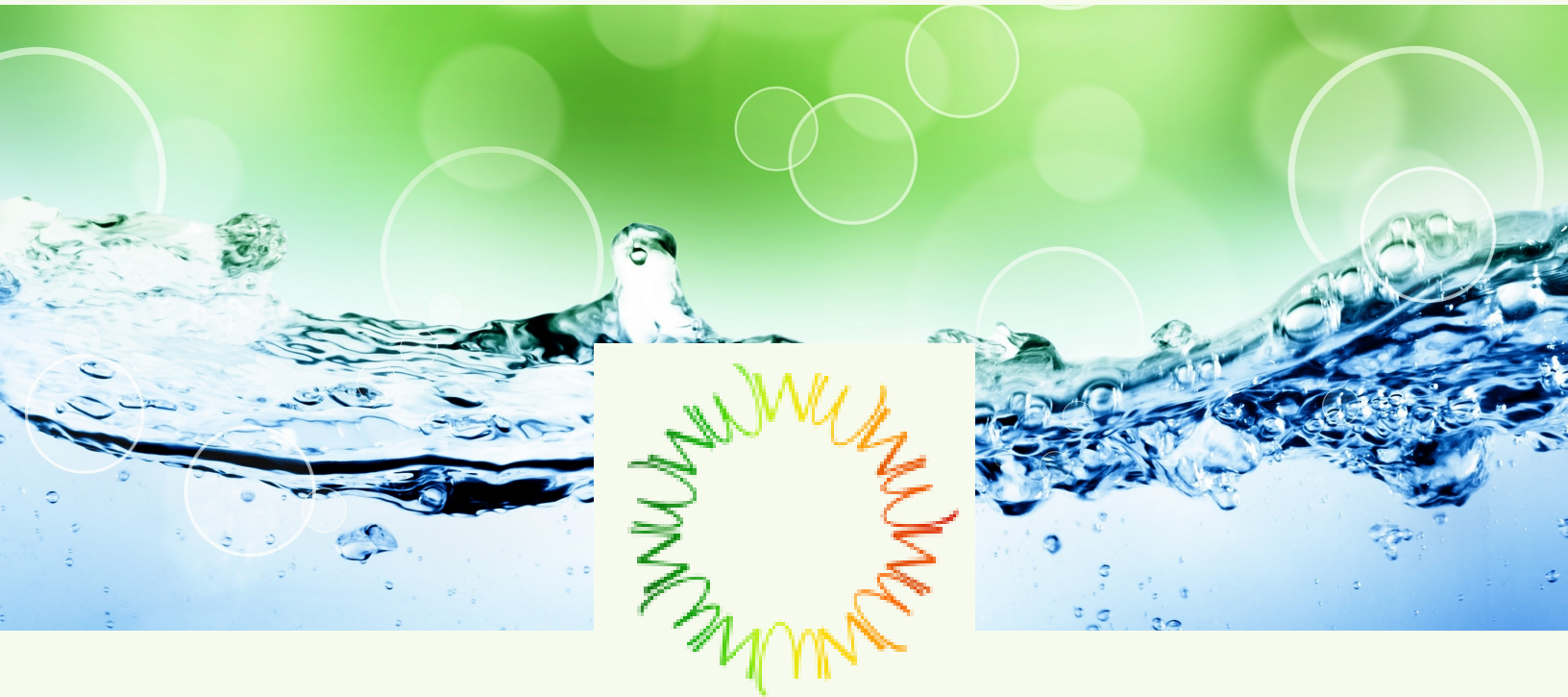


# Weekly Wisdom

*Grow the Green for You and Your Team*



*“The wisest one-word sentence? Breathe.”*

*- Terri Guillemets*

## Gel in and...Breathe

Take that breath before you walk in the door.

Stress in our health system is at an all-time high. Most of you don't have 5 minutes to spare, let alone time for a workshop or course on peer support, managing stress, or self-care.

The good news is that one of the best ways to reduce stress is also the easiest to learn. And the fastest to do.

Restorative breathing has been studied extensively and shown to effectively lower your respiratory rate

and cortisol levels, improve blood pressure, increase concentration and focus, and reduce anxiety and depression (Hopper et al., 2019).

How to do it.

1. Stand by the patient's door
2. Reach for hand gel
3. Close your eyes
4. Take three deep breaths while gel is drying
5. Be attentive to your breath
6. Allow the past encounters to be released
7. Enter the patient's room with curiosity and attention