



# Three Step Breathing Space – For all Staff



At any point during your day, you might find it helpful to find some space and take a short breather. The following steps can be used to help you feel more settled and grounded and more able to make wise choices about how to move through the rest of your day. You can use this at any time, and with practice, may find it particularly useful when you are feeling stressed or overwhelmed for any reason. Ideally, find a quiet place where you will have five minutes undisturbed. If this is hard to find, you can do this within staff bathrooms or even while walking along a corridor.

## Step One

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**Acknowledge:** Notice what is going through your mind, any worrying or uncomfortable thoughts that might be around for you. Notice what feelings are here (fear, concern, sadness, frustration, maybe even numbness).

Notice also if there are any physical sensations or urges. Without having to do anything with what you notice, see if you can just observe whatever is happening for you right now.

## Step Two

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**Gather:** Gathering your attention, move it now to the soles of your feet and find the support of the ground beneath you. Bringing attention then to your breath, just allow it to follow the movements of breathing in and breathing out.

With every exhale, just allowing yourself to settle a little bit more. With every inhale, just bringing a sense of openness and space around whatever is happening for you. Take your time with this, allowing your attention to settle.

## Step Three

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**Expand:** When you feel ready, allow your attention to move again to the soles of the feet and become aware of your entire body as it sits or as it moves.

Take this moment to consider what actions you can take next when you return to your day. Begin to take in sounds, sights, smells and surroundings.

Bringing your awareness back into your day, see if you can bring this sense of stability and openness with you.