

Resilience at Work-author M Shanahan

Remember to Breathe

Use each doorway as a reminder to breathe and re-center yourself. Three breaths: first one for yourself, second for your co-workers, third for your patients and families.

Stay Focused in the NOW

The present moment is the ideal environment for creative problem solving. Practice being present in every situation.

Take Your Breaks

Recharge your body-mind-spirit and increase productivity.

Make Peace with Chaos

Ease up on controlling it, surrender to the FLOW of it.
Order eventually emerges.

Say NO to Gossip

It robs you of time, energy, and self-respect.

See Beyond the Roles

Remember the *human being* in front of you.

Confront Gently

Nothing is more important than shared humanity and dignity.

Create a Balance between Your Spirituality and Your Work Look for opportunities to practice patience, kindness, and forgiveness.

Remember to Breathe ... It's Worth Repeating!



Breathe in Peace Breath out Stress

Yoga breathing is a technique that has a calming effect on the body and mind. While there are many styles of yoga breathing, the 4-7-8 breathing technique has been clinically proven to regulate the autonomic nervous system, which controls the heart.

The practice of this exercise is simple and benefits can be felt immediately. The continued practice of 4-7-8 breathing has cumulative beneficial effects.

Instructions:

- Sit or lie comfortably with back straight
- Place the tip of your tongue against the ridge of tissue just behind your front teeth
- Inhale through your nose quietly for a count of 4
- Hold your breath for a count of 7
- Exhale with pursed lips from your mouth for a count of 8

Repeat cycle 4-6 times. Breathe normally and observe how you feel

