

Wellbeing Tip of the Week

Pause and Breathe



When you notice you are feeling stressed, overwhelmed or worried, take a moment to pause and breathe. Deep breathing calms our nervous system and increases oxygen flow to the brain. This helps us to think more clearly and enables us to problem-solve. Next time you are stressed, try breathing in through the nose, holding it for 5 seconds and breathing out through the mouth for 7 seconds. Repeat this at least 5 times and see if that helps you to feel a bit calmer.