



Toolkit 1 Post intervention

Learning Unit 10

Self evaluation: reconnect to yourself, keep in mind your resilience

2 – Connect to your inner resilience

2. Are you maintaining your inner resilience? **No**

If you answered “No”, please practice the following exercise

Activity 2



Exercise

Deep and slow breathing

Note: Every early psychological intervention exposes you to stressful situations. Returning from an intervention, please do not forget to take some time for yourself and to stabilise yourself with breathing exercises.

As you know, you can decrease your activation and arousal by breathing slowly and deeply.

Here are some instructions as to how to breathe in order to de-stress.



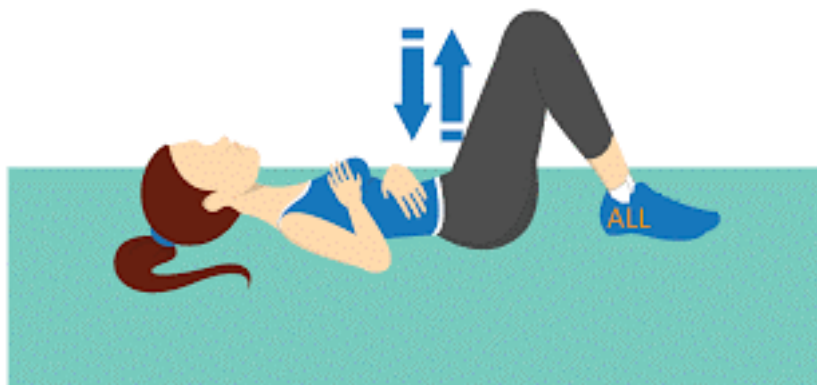
Activity 2

Slow and deep breathing

1. Practice abdominal breathing:

To deep breathing scientific literature means to use abdominal breathing.

Instructions: Lie on a carpet and put one hand on your belly and the other on your chest. Alternatively, you can put two thin books: one on your belly and the other on your chest. Now breathe trying to inflate your tummy, like a hot air balloon, and pushing your hand/book up and down. Pay attention that your breast remains steady, without dispersing air. This should be channelled as much as possible to the tummy.



2. Practice slow breathing:

Slow breathing in scientific literature means 6-7 breath cycles per minute.

Instructions: During inhalation, heart rate (HR) increases, during exhalation heart rate decreases. 6-7 breath cycles per minute is a good rhythm in order to try to reach a flexible HRV (heart rate variability or cardiological variability): HRV variability is an index of good health. Normal heart rate and blood pressure vary depending on breath. This phenomenon is used as an index of cardiac vagal tone and contributes to cardiac variability (HRV).

The alternation between bradycardia and tachycardia is called RSA (respiratory sinus arrhythmia, RSA). RSA is a natural modification of HR that occurs during the respiratory cycle.

To calculate 6-7 breath cycles per minute you can count in your mind (almost 10 between each breath), but you can also use some free apps that can help give you better rhythm.

Here are some apps for iOS and Android systems.



Kardia

<https://play.google.com/store/apps/details?id=com.labnasounds.kardiafree&hl=it&gl=US>



Paced breathing

https://play.google.com/store/apps/details?id=com.apps.paced.breathing.pro&hl=fr_CH&gl=US

3. Practice for 15 minutes a day for 5 days:

Evidence in scientific literature measures a healthy impact of slow breathing after a period of 5 days of breathing for a minimum of at least 15 minutes a day. The 15 minutes need not be consecutive: they can be distributed around the clock.