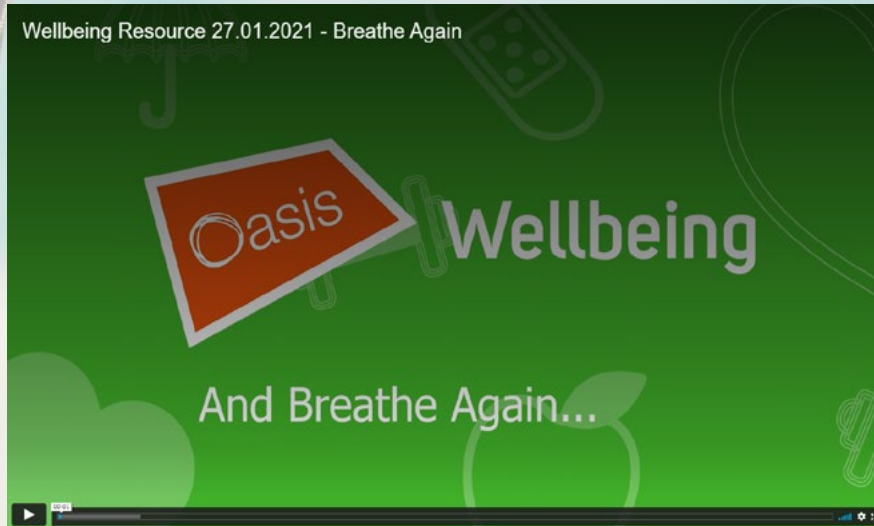




Wellbeing Patience



And Breathe Again... video transcript

Some things just seem too simple, too obvious, and this is one of them - breathe again.

Without realising our breathing can be shallow, it can be lacking in depth, and this can impact how we feel. It can affect our sense of wellbeing. It's easy to not notice but sometimes we even hold our breath, not because we are choosing to but because we are doing it unknowingly. But that break in our breathing...it can create stress in our bodies because our bodies know that they need air – they need oxygen.

So we need to remember to breathe again. And to breathe more deeply. And when we do, our bodies have this incredible inbuilt ability to come to a place of peace and calm, despite what is going on around us. Let's be honest, at the moment peace and calm can seem absent for many of us. The reason may be the anxiety, worry and concern that we are carrying around with us – and it is perfectly understandable that we are carrying these things but, by thinking about our breathing, these things can feel less heavy and less burdensome.

Breathe again.

Not only this but breathing again and breathing more deeply increases our ability to be patient as it helps our bodies process 'waiting' in a healthy and constructive way. It enables us to keep frustration at bay as we mindfully centre ourselves and be truly present to our bodies.

Breathe again.

As we are breathing all the time, this wellbeing practice doesn't need to be onerous – it is simply about some small adjustments and increasing our awareness. We don't even have to make time to do which is brilliant news. We are breathing all the time we are alive. So, instead, this is a gentle invitation:

- To be more aware of how we are breathing.
- To choose specific moments in our daily routine where we breathe in an intentional way – a way that is deeper and slower.
- To notice the impact of this on how we feel – to be more mindful of our bodies and to take joy in the peace and calm we experience.
- And to choose to breathe more deeply and slowly at those times when we feel that our patience is being tested.

Nothing heavy. Nothing weighty. Just a gentle invitation to breathe again.