Taking a moment for self-care can help you stay effective and calm on the job.

Calm Yourself

Slowly breathe in for 4, hold it for 4, and then breathe out for 6. Repeat 10 times.

The science behind why this works
When we are stressed or overwhelmed, our physiology is often on high alert and all systems are functioning at capacity. This can help us face an immediate threat but wears us out over time. Slowing our breathing allows our bodies to recalibrate and lower our overall level of physiological arousal. This, in turn, reduces our experience of stress and improves our overall wellbeing and functioning.