



## **SHARED BREATHING EXERCISE** (Paradigm-stretching methods)

The purpose of the Shared Breathing exercise is to focus attention on one's presence and being in the group. It helps to create a shared unrushed rhythm in the situation, giving permission to focus on the 'now' moment. At the same time, a symbolic experience of shared breathing is created. Presence as a shared space allows concentration on the theme at hand and encourages creative indulgence when focusing on green transition related issues in a health and care organisation.

### **What is required?**

- An open and confidential atmosphere in which participants can be present and relax
- Willingness and readiness to participate and be part of the collective breath of the group

**Level of difficulty:** 1, an easy, simple and relaxing exercise

**Time required:** 5-10 minutes

### **Materials:**

- No special equipment, just a quiet space

**Participants:** A minimum of 3 people, but also works in a larger group

### **How to use:**

1. The group stands or sits comfortably in a ring.
2. The facilitator controls the pace of the breathing: everyone breathes in and out together.
3. The exercise can be deepened by adding movement, for example, inhaling with hands up and exhaling with hands down to the side of the body, or sound, for example, deep breathing with the inhalation, exhaling with the opening of the mouth and releasing a 'haaa' sound.
4. A short reflection after the exercise: how did it feel to be part of collective breathing?

### **When to use?**

- At the beginning of group work, to create a group spirit of togetherness
- In the middle of the workshop as a calming and unifying exercise
- At the end, a ritual closing of the work with collective breathing

### **Why to use?**

- To create a sense of community and focus
- Helps the group to tune into the same space



## How to document?

- Write down the reflections of the participants and how they experienced the exercise

## The roots of the method can be found here:

The roots of this method can be traced back to various traditional practices that emphasise mindfulness and self-awareness. Breathing exercises are based on functional methods. Calm, relaxed and free-flowing breathing is often perceived as calming and pleasurable. The aim is to observe and become aware of one's own breathing. This method requires time and repetition to learn to become aware of one's own breathing and to influence one's own level of vigilance. If you wish, you can include it in your rituals to start and end the group's work.

## Further information:

Tavoian, D., & Craighead, D. H. (2023). Deep breathing exercise at work: Potential applications and impact. *Frontiers in Physiology*, 14.