

## Resonant Breathing Script (3 Minutes)

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Before we begin our case reviews, I want to acknowledge that reading and discussing these cases is difficult, and we all have many responsibilities, demands and other daily stressors. But doing the work of Child Death Review honors these children and the lives cut short as we look for a way to make sure it doesn't happen again.

I'd like to take us through a simple breathing exercise to help us set our intention and be in the right frame of mind for the task ahead. This type of breathing and attention to your diaphragm helps to both revitalize and relax us. The breaths help to oxygenate our blood while the simple focus on the breath calms us and brings us into the present moment.

Let's begin:

- I'd like each of you to place your feet flat on the floor. Really feel your feet in contact with the solid ground beneath you.
- Now place your hands on your stomach and take two or three deep breaths, noticing your stomach rising and falling with each in-and-out breath.
- If you feel comfortable, close your eyes or just soften your gaze.
- Now, as you keep breathing deeply into your stomach, I'd like you to breathe in for a count of five, then hold your breath for a count of five, and breathe out slowly for a count of five. (Say slowly): Breathe in for 5, hold for 5, and breathe out slowly for 5. (Say softly): Do this one or two more times.
- (Pause for about 20 seconds) Focus on your breathing, in, holding it, and slowly exhaling. If you find your mind wandering, bring it back to your breathing.
- (Say softly): I'd like you to bring your attention back now slowly to the room you're in, noticing the sounds around you. Begin to open your eyes and notice the objects around you. (Pause)
- Feel your feet still planted firmly on the floor. Feel free to keep doing a few more deep breaths if you'd like.

## How are we all feeling?

Hopefully we are feeling a little more grounded, relaxed, and present in this moment. Like I said before, reviewing these cases is not easy. Hearing these stories can give us secondary trauma. We must take care of ourselves so we can keep doing this important work. I hope you find a way to incorporate a little deep breathing into your daily life at work and at home.