

A WEARY WORLD: Week Four

BORROWING HOPE

Wednesday: Just Breathe

When you are faced with stress, anxiety, or unknowns in life it is easy to replace proper breathing techniques with quick, short breaths. You can start to become overwhelmed and lose your peace of mind. Your mind starts to think about what you could have, or should, have done better. A wise person once told me never to "should on yourself". Second guessing and playing the what-if game will only make things worse. Even when faced with an unforeseen circumstance, remember the importance of remaining calm through proper breathing. As an elementary principal I witnessed our social worker teaching every grade basic lessons about breathing techniques when you are upset. They created "breathing buddies", counting strategies, and even had apps on their ipad to guide them through the process. It seems like such a basic concept, yet as adults we need these reminders just like those young students. Sometimes in life the only thing we have control over is each breath we take. Kathy Escobar reminds us some days the only victory we experience is making it through each breath you take. Always try to remember, "just breathe".



Today's Reflection

Question:

*Breathe in,
Breathe out.
When is it
hard to
remember
this?*