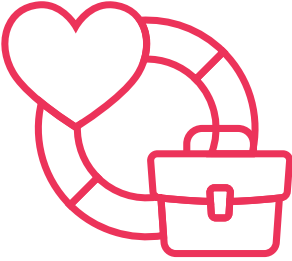
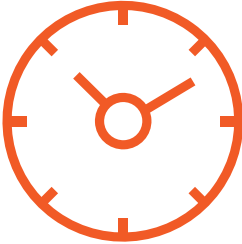


An Garda Síochána

Resonance Breathing for An Garda Síochána Personnel

Connect and Protect – Connection Using Breath

What is it? Resonance breathing is a slow, steady breathing rhythm—usually around 5–6 breaths per minute. 7 Ways Resonance Breathing Supports You:

	Stay Calm Under Pressure	Slows your heart and helps you stay centered in the heat of the moment.	Use it: Before or during high-stress calls.
	Think Clearly	Sharpens mental focus and decision-making under pressure.	Use it: During briefings or critical situations.
	Recover Faster from Stress	Helps your body come down after intense moments.	Use it: After a tough call or shift.
	Build Long-Term Replenishment	Increases heart rate variability (HRV), a marker of nervous system recovery.	Use it: Daily for 5 minutes (e.g., at shift start or end).
	Sleep More Deeply	Calms the body and mind for better rest.	Use it: Before bed, especially after night shifts.
	Regulate Emotions	Reduces reactivity, improves emotional control and empathy.	Use it: During difficult conversations or public interactions.
	Support Mental Wellness	Lowers anxiety and improves mood over time.	Use it: Whenever you feel tension or mental fatigue.

