

FOR THE TEN MINUTES IN THE CAR

A breathing pattern for the school *pickup line*

Written for the ten minutes spent waiting in the car, a small window to reset between one part of the day and the next.



IN 4 OUT 6

The pattern

- 1 Rest both hands on the wheel, shoulders soft.
- 2 **Inhale** through your nose for 4 counts.
- 3 **Exhale** slowly for 6 counts.

Repeat for however long the wait lasts.

WHEN TO USE IT

The school pickup line, waiting in a parking lot, or any short wait in the car between one commitment and the next.

WHY IT HELPS

A longer exhale than inhale calms the body. A short wait in the car is a natural, private moment to use it, before the next part of your day begins.

Moving from work mode to parent mode, or the other way round, is a real adjustment. It's fine to take a few minutes for it rather than rushing past.

— One breath at a time is enough. —

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