

D.A.R.E. to Enjoy Brilliant Breathing

D.A.R.E. is a structure for encouraging sustainable change. The acronym stands for Decision, Action, Resilience, Enjoyment.

Focus upon turning Brilliant Breathing into a habit, by inserting your own responses to the following questions.

Decision - Moving from a 'maybe' to a 'must' (Instead of maybe I will make this change make the decision I must make this change.)

What change have you decided to make?

E.g. I must allow myself to relax

Action - Taking the first step

What will be the first thing you will actually do to start this process?

E.g. I will sit down this evening at 7.30pm and practice Brilliant Breathing for a few minutes.

Resilience - Small steady steps (*With forgiveness*)

What will be some of the choices or actions you will take as you begin to adopt this habit?

E.g. I will choose a comfortable chair to sit on. I will choose a quieter time and space to practise. I will put reminders on my phone. I will forgive myself when I find it hard to focus.

Enjoyment - Moving from 'struggle' to motivation

What will be the some of the 'rewards' you will begin to experience as a result of adopting this habit?

E.g. I will regularly make time to relax and look forward to these moments of calm. I will have fewer headaches. I will enjoy a greater feeling of emotional wellbeing.