

# AnKar – Breathe Well Check-In

A gentle daily check-in · Sophrology & Oxygen Advantage

## 1. Arrive.

Take one slow breath in through the nose. Let the shoulders drop on the exhale. *Inhale 4 · Hold 2 · Exhale 6.*

Name (optional): \_\_\_\_\_ Date: \_\_\_\_\_

## 2. How does today feel?

*Notice without judgement. The first word that comes is the right one.*

Heavy       Tender       Steady       Bright       Spacious

Stress level right now (circle): 0 1 2 3 4 5 6 7 8 9 10

at ease \_\_\_\_\_ → overwhelmed

## 3. A short body scan.

*Greet each region with a soft, curious attention. Tick where you feel tension.*

Jaw & face       Neck & shoulders       Chest       Belly  
 Lower back       Hips & legs       Hands       Feet

## 4. Your breath, right now.

*Is your breath flowing through the nose, or mostly the mouth?*

Nose — quiet, slow, low  
 Mixed — switching between  
 Mouth — upper-chest, audible

## 5. BOLT score (optional).

Body Oxygen Level Test: sit comfortably and breathe through the nose for one minute. After a normal exhale, pinch your nose and count the seconds until the first definite urge to breathe. Resume normal breathing.

BOLT seconds: \_\_\_\_\_ (0s — 10 — 20 — 30 — 40s)

## 6. What's shaping today?

*Name what's drawing on you and what's holding you up.*

Sleep quality       Workload  
 A patient or family       A colleague  
 Caffeine / hydration       Movement  
 Time outside       Something at home

An intention for your shift (a word or a sentence):

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*Close with one slow breath. Inhale through the nose for 4 · hold 2 · exhale 6. Carry your intention with you.*

A gentle space for healthcare teams. Inspired by Sophro Australia and the Oxygen Advantage method. Not a clinical assessment.