

Starting to get anxious feelings?

Practice What You Know:

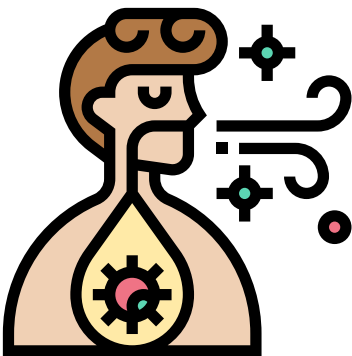


1. Have a cold drink of water

2. Move your body for at least 30 seconds



Breathe - Long & Slow



3. Then breathe long and slow

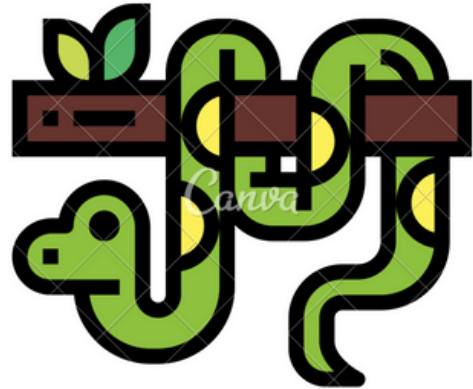
Which Breathing Strategy Will You Choose?

Belly Breathing



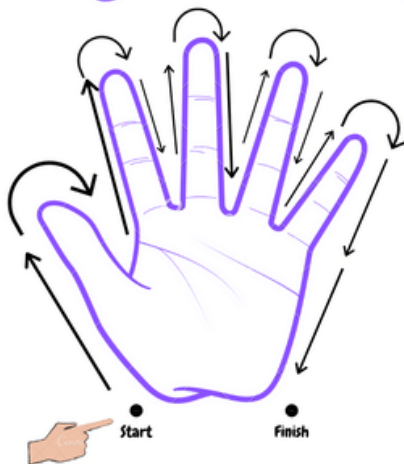
- Lie on the floor
- Put soft toy or object on your belly
- With your breathing try and make your toy move up and down.
- Do this 10 times

Snake Breathing



Breathe like a snake for at least 30 seconds

5 Finger Breathing



Finger moves up = breathe in
Finger moves down = breathe out

4-7-8 Breathing

4 Breathe in for 4 seconds through your nose

7 Hold your breath for 7 seconds

8 Slowly exhale for 8 seconds out your mouth