

# Starting to get anxious feelings?

## Practice What You Know:

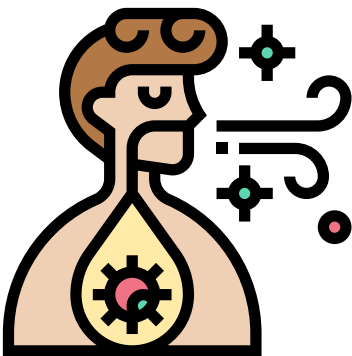


**1. Have a cold drink of water**

**2. Move your body for at least 30 seconds**



**Breathe - Long & Slow**



**3. Then breathe long and slow**



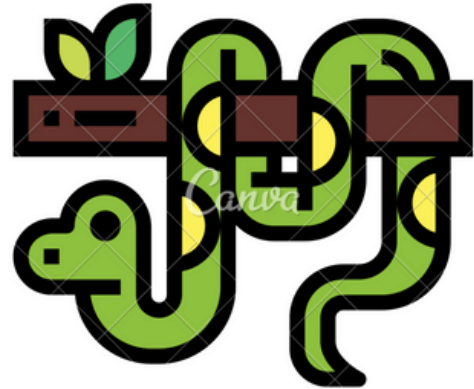
# Which Breathing Strategy Will You Choose?

## Belly Breathing



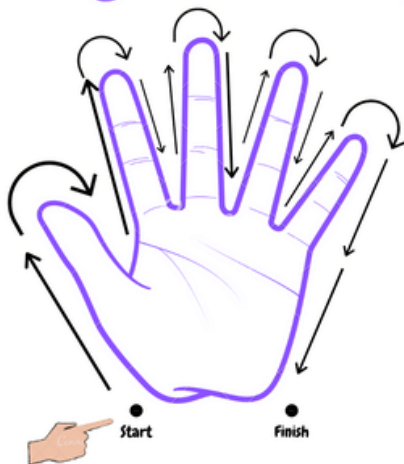
- Lie on the floor
- Put soft toy or object on your belly
- With your breathing try and make your toy move up and down.
- Do this 10 times

## 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