



CALM DOWN WITH TAKE 5 BREATHING

The diagram shows a hand with fingers spread, forming a star shape. Each finger is labeled with a color and a breathing instruction. Starting from the thumb and moving clockwise: the thumb is orange and labeled "Breathe in, slide up" and "Breathe out, slide down"; the index finger is purple and labeled "Breathe in, slide up" and "Breathe out, slide down"; the middle finger is blue and labeled "Breathe in, slide up" and "Breathe out, slide down"; the ring finger is green and labeled "Breathe in, slide up" and "Breathe out, slide down"; the pinky finger is yellow and labeled "Breathe in, slide up" and "Breathe out, slide down". A red star shape is drawn over the hand. Below the hand, the text asks: "How do you feel now? Are you calm or would you like to take another 5 breaths?"

1. Stretch your hand out like a star.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.

Keep going until you have finished tracing your hand.



Take a Pause

1-minute relaxation activity that you can do whenever you are feeling stressed or worried

Step 1: Set up

- Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
- Close your eyes if you feel comfortable.

Step 2: Think, feel, body

- Ask yourself, "What am I thinking now?"
- Notice your thoughts. Notice if they are negative or positive.
- Notice how you feel emotionally. Notice if your feelings are happy or not.
- Notice how your body feels. Notice anything that hurts or is tense.

Step 3: Focus on your breath

- Listen to your breath as it goes in and out.
- You can put a hand on your stomach and feel it rise and fall with each breath.
- You may want to say to yourself "It's okay. Whatever it is, I am okay."
- Then just listen to your breath for a while.

Step 4: Coming back

- Notice how your whole body feels.
- Listen to the sounds in the room.

Step 5: Reflecting

- Think 'do I feel different at all?'
- When you are ready, open your eyes.