

## STAR or Hand Breathing Exercise

If you are feeling anxious, you may find breathing exercises helpful.

- ◆ Breathing exercises can last as long you find helpful- a few seconds to a few minutes.
- ◆ You can do them no matter where you are- in a lecture, before a presentation, at work or at home.
- ◆ They are helpful at stressful times. However, you should practice it a few times throughout the day.
- ◆ You could do this when you get up in the morning, before a meeting or lecture, and before bed.
- ◆ While you are learning this technique, it is a good idea to try this while you're feeling calm. **You have to learn the skills before you can use it when feeling stressed!!**
- ◆ Keep trying! Don't worry if you don't notice a major change immediately. You may need to practice for a few weeks before you begin to feel the benefits.

1. Stretch one hand out in front of you like a star. You can rest it on your knee or table. Make sure you have space between your fingers.
2. Hold the pointer from your other hand. You will use this to trace your up and down your fingers.
3. Starting at the bottom of your thumb, begin to trace your hand up while breathing in slowly and deeply.
4. Pause at the top of your thumb, where the star is for 2-4 seconds while holding your breath in.
5. Breathe out a steady and slow breathe, while tracing your pointer down your thumb.
6. Repeat until you have traced each finger on your hand.
7. Keep doing this for 5 minutes and practice it a few times a day.

