

Be a S.T.A.R.





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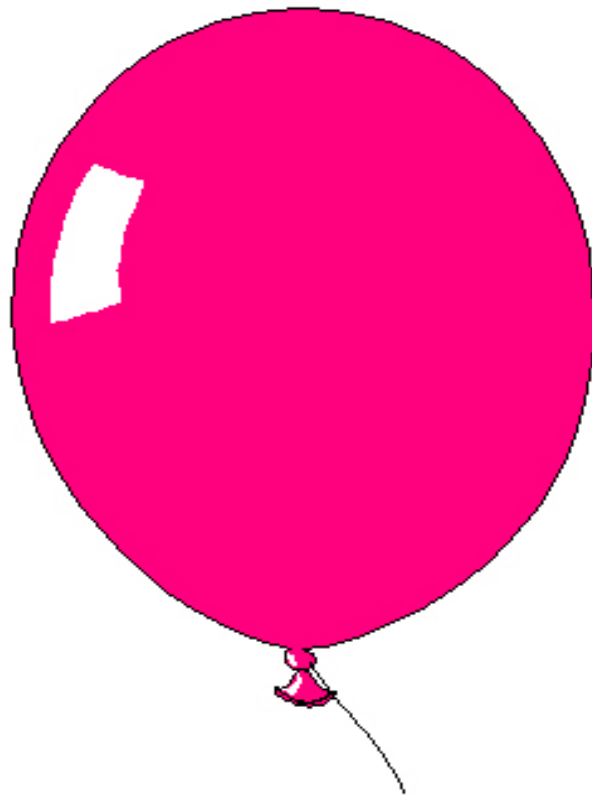
Stop or smile

Take a deep breath

And

Relax

The Balloon



Slowly raise your arms above your head as you take small gasps of air to fill your lungs. Imagine that you are filling a balloon. When your "balloon" is filled and your arms/hands are touching above your head - slowly let all of the air out of your lungs, feeling your body relax.

The Pretzel



Stand and cross your legs at the ankles. Extend your arms, back of the hands together. Cross your arms at the wrist and clasp your fingers together. Fold hands into chest. Place your tongue on the roof of your mouth and breath deeply and slowly.

The Drain



Tense all parts of your body - feet, legs, hips, stomach, shoulders, arms and jaw. Feel how tight everything feels. Now slowly relax each part of your body. As the tightness drains away, breath slowly and evenly feeling yourself relax.