

Starfish Breaths

because how you feel matters

- Spread your left hand's fingers out so it looks like a starfish.
- Point your right hand pointing finger and run it up the outside of your thumb, take a deep breath as you move towards the top.
- Think about where your finger is on your thumb and how it feels.
- Once you've reached the top, run down the other side and breath out as you do, letting all your breath go by time you get to the bottom.
- Continue on for each finger and then switch hands.
- By the end of it you'll feel relaxed. 😊



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