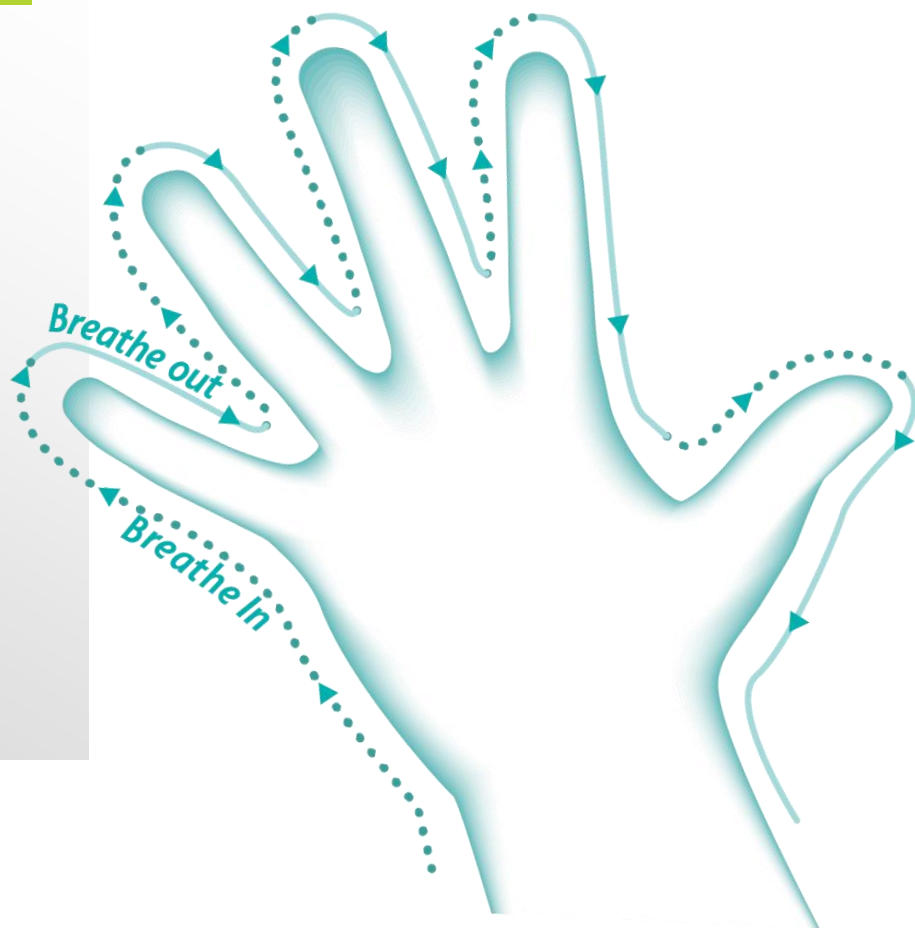


# Developing Mentally Healthier Communities Through Sport

## Let's Take a Time Out to Breathe

Try the **STAR** strategy:  
**S**top, **T**ake a breath **A**nd **R**elax

- Stretch your hand out like a star
- Trace your fingers up and down
- Slowly breathe in through your mouth as you slide your finger up the first finger on your other hand
- Slowly breathe out through your nose as you slide your finger down
- Repeat for all fingers until your breathing has slowed and you're feeling more calm



Canadian Mental  
Health Association  
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