

Finger Breathing Exercise

3

While tracing, breathe in as your finger rises, breathe out as it falls

4

Continue to trace each finger until you reach your pinky finger, breathing in and out as you go.

2

With your other hand, trace the outside of your outstretched hand, beginning at the bottom of your thumb.

5

How do you feel?

If you need, repeat this as many times as you like to help ground yourself and steady your breathing in moments of stress and anxiety.

1

Spread your fingers apart like a star

