

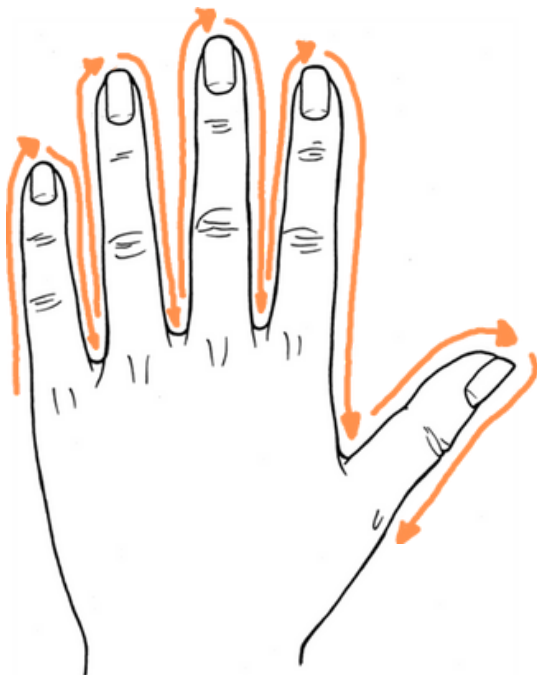


5 Finger Breathing

The five finger breathing exercise is a relaxation technique that can be used to manage stress and anxiety. It involves using the fingers of one hand to focus the mind and regulate the breath. Here's how to practice the five finger breathing exercise:

1. Begin by finding a comfortable seated position with your feet planted firmly on the ground.
2. Hold your left hand in front of you, palm facing away from you.
3. Starting with the pinky, trace each finger with the tip of your index finger of your right hand, moving from the base of the finger towards the tip.
4. As you trace up each finger, inhale slowly and focus on the sensation of the breath moving through your hand.
5. Exhale slowly as you trace down the finger towards the base.
6. Continue this pattern, moving from the pinky to the thumb and then back again, for a total of five cycles.
7. As you do this, try to keep your mind focused on the sensation of the breath and the movement of your index finger tracing your fingers.
8. If your mind wanders, gently bring your attention back to the breath and the movement of your index finger.

The five finger breathing exercise can be practiced for a few minutes at a time, several times a day. It can be especially helpful to use this exercise when you're feeling overwhelmed or anxious, or when you need to take a break from a busy or stressful situation. By focusing on the breath and the movement of the index finger, you can help to calm the mind and bring a sense of relaxation to the body.



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