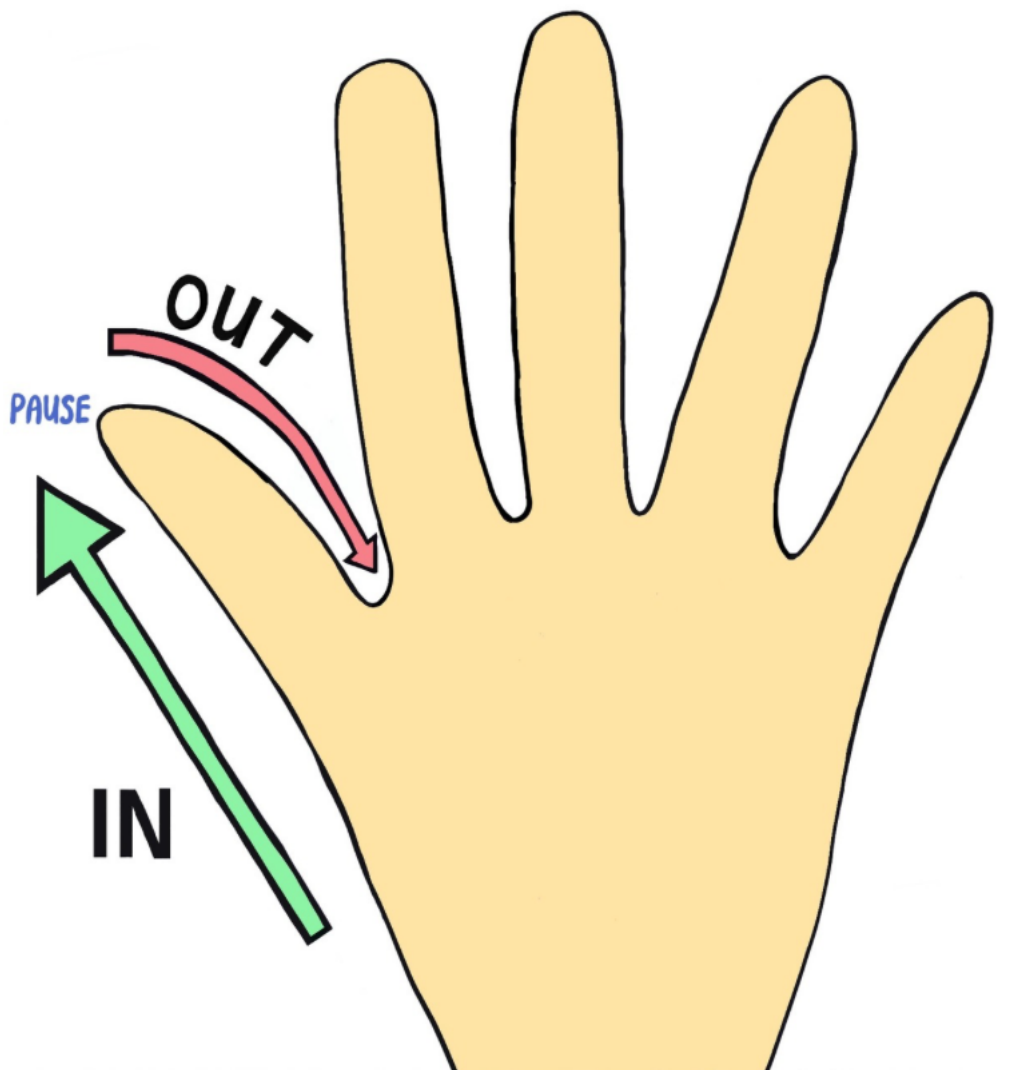


@GroundedInTherapy



FINGER BREATHING

Take your forefinger and slowly trace around the edges of your hand, starting at the base of your thumb.

Inhale through your nose as you move up a finger.

Pause for a count of 2 at the top of each finger.

Exhale through your mouth as you move down a finger.

Continue for each finger.

Once you have traced around your entire hand, go back to the bottom of your thumb and start again.

Repeat until you feel more relaxed and settled.