



# *Five Finger Breathing Exercise*

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- 1. Sit quietly and take a few slow, deep breaths.*
- 2. Stretch out your fingers on one hand.*
- 3. With your other hand, slowly trace around your thumb. Breathe in as you trace up one side of the thumb, and breathe out as you trace down the other side.*
- 4. Do the same for the other four fingers, tracing up and breathing in, tracing down and breathing out.*
- 5. Switch hands and do it again. This time, pause slightly at the top and bottom of each finger.*
- 6. Think about which method you prefer today: with or without the pause.*