Five Finger Breathing Exercise

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.