

FINGER BREATHING

USE THIS TECHNIQUE TO CALM YOUR BREATHING WHEN YOU FEEL ANXIOUS

1. HOLD ONE HAND IN FRONT OF YOU
2. WITH THE OTHER HAND, USE YOUR INDEX FINGER TO TRACE A LINE FOLLOWING THE PATTERN OPPOSITE
3. BREATHE IN AS YOU TRACE TOWARDS THE 6TH DOT, THEN BREATHE OUT AS YOU CONTINUE TO THE END.
4. REPEAT UNTIL YOU FEEL LESS ANXIOUS



