



EXERCISE:
**FOUR BREATHS
WITH MY FINGERS**

Time Needed: 1 MINUTE
Location: ANYTIME AND ANYWHERE

In this exercise, you will breathe in and out while tapping your fingers.

You can practice this exercise throughout the day. When you need it in a moment of anger or frustration or panic, you will be ready to use the skills you've learned and practiced.

Begin with your left hand.

With your left thumb, touch the top of your left pinky and breathe in.

Now, use your same left thumb to touch the top of your left ring finger and breathe out.

Move the same left thumb to touch the top of your left middle finger and breathe in.

Finally, move the left thumb to touch the top of your left pointer finger and breathe out.

Now, let's use your right hand.

With your right thumb, touch the top of your right pinky and breathe in.

Now, use your same right thumb to touch the top of your right ring finger and breathe out.

Move your same right thumb to touch the top of your right middle finger and breathe in.

Finally, move your same right thumb to touch the top of your right pointer finger and breathe out.