

Take 5 Breathing



Take 5 Breathing Technique

Sit comfortably, with your hands resting in your lap. Open one hand in front of you, and place the pointer finger of the other hand at the base of your thumb. Inhale, trace your finger up to the top of your thumb. Exhale, trace the finger down the inside of your thumb to the base of your first finger. Repeat for all the fingers – inhale to the top, exhale to the bottom.