

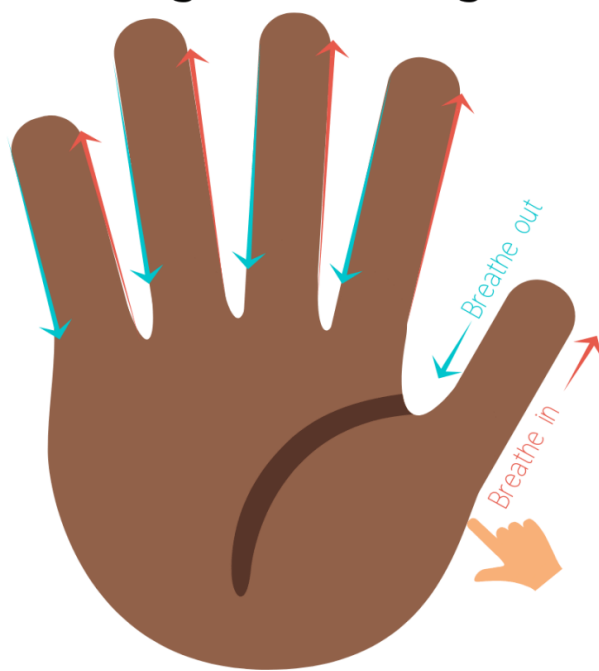


# Tool Box Talk

## Five Finger Breathing Method

### 5 Finger Breathing

The five finger breathing method is a great tool to use when someone is feeling stressed or anxious. This simple exercise can help you focus your attention on breathing and to help you calm down.



1. Stretch one hand out so that you have space between your fingers.
2. Hold up your pointer finger from the opposite hand.
3. Start at the bottom of your thumb. Use your pointer finger to trace up your thumb as you slowly breathe in through your mouth.
4. When you get to the top of your thumb, slowly breathe out your nose as you trace down the other side.
5. Repeat on all fingers until you have traced your whole hand and repeat on all fingers again if necessary.