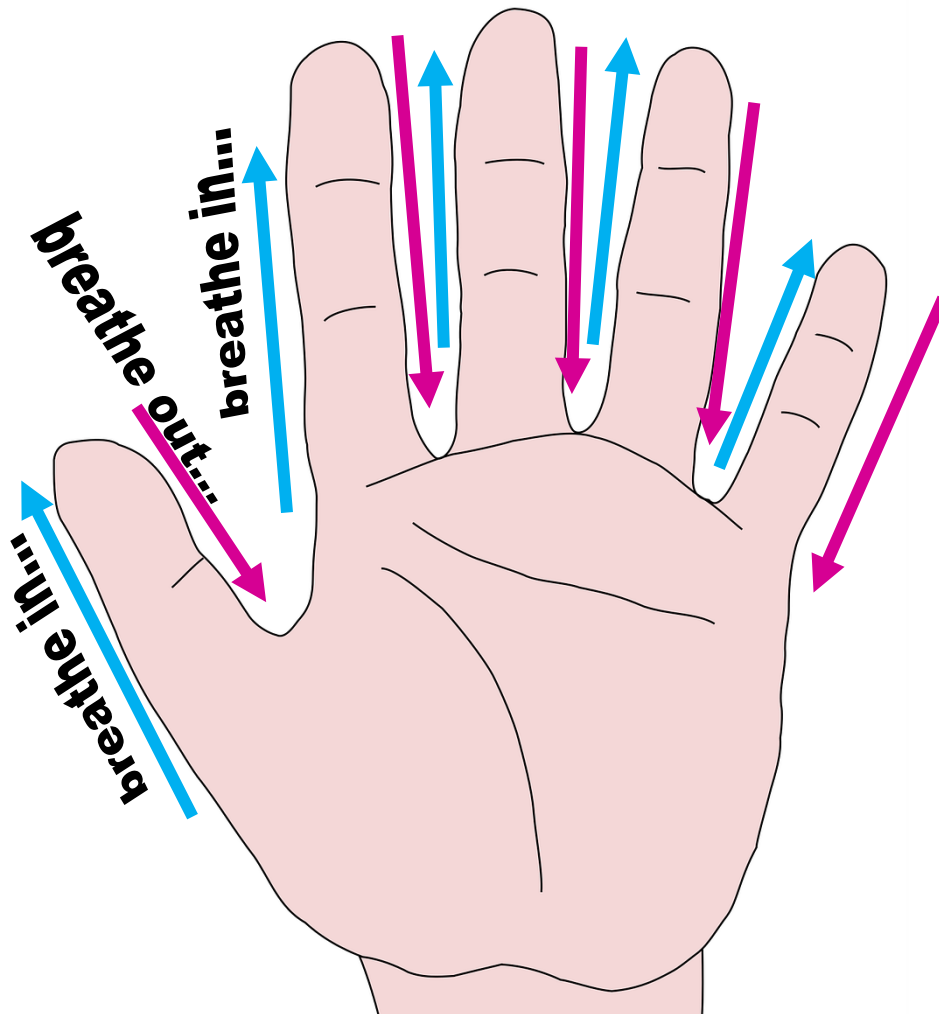




5 Finger Breathing

5 finger breathing is a simple, powerful breathing technique where you trace around your fingers with a finger from the opposite hand – breathing in as you trace up a finger and breathing out as you trace down. This helps you to calm down and focus on the present moment.

- Starting at the thumb, trace up and down each finger around the whole hand to complete 5 deep breaths.
 - **Breathe in... Breathe out...**
 - Repeat until you feel calm and focused.



To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.