

# Finger Breathing

Stretch one hand out like a star.  
Use your pointer finger on your  
other hand to slide your fingers up  
and down .

1. Breathe in through your nose, trace up your finger slowly.
2. Hold.
3. Breathe out through your mouth, slide your finger slowly down the other side.
4. Repeat for each finger.



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Interested in learning more about grounding techniques and skills to manage stressful situations? Scan the QR code, choose a team member, and book an appointment today!



# The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.



Acknowledge **5** things  
that you can see  
around you.



Acknowledge **4** things  
that you can touch  
around you.



Acknowledge **3** things  
that you can hear  
around you.



Acknowledge **2** things  
that you can smell  
around you.



Acknowledge **1** thing  
that you can taste  
around you.

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