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.

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!

Connect with YC3
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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