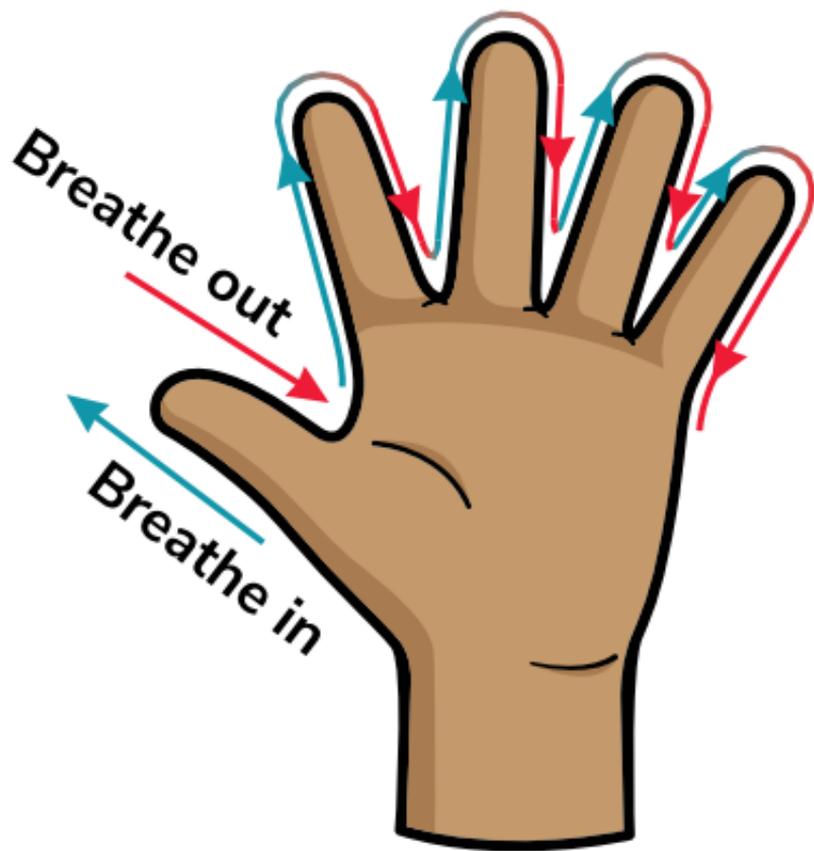


Finding Balance With **Five-Finger Breathing**



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Finding Balance

Five-finger breathing is a quick and easy breathing exercise.

1. Hold one hand out. With your other hand, trace each finger up as you breathe in and trace each finger down as you breathe out—finishing with five deep breaths.
2. When you're done, use your other hand and repeat the exercise.