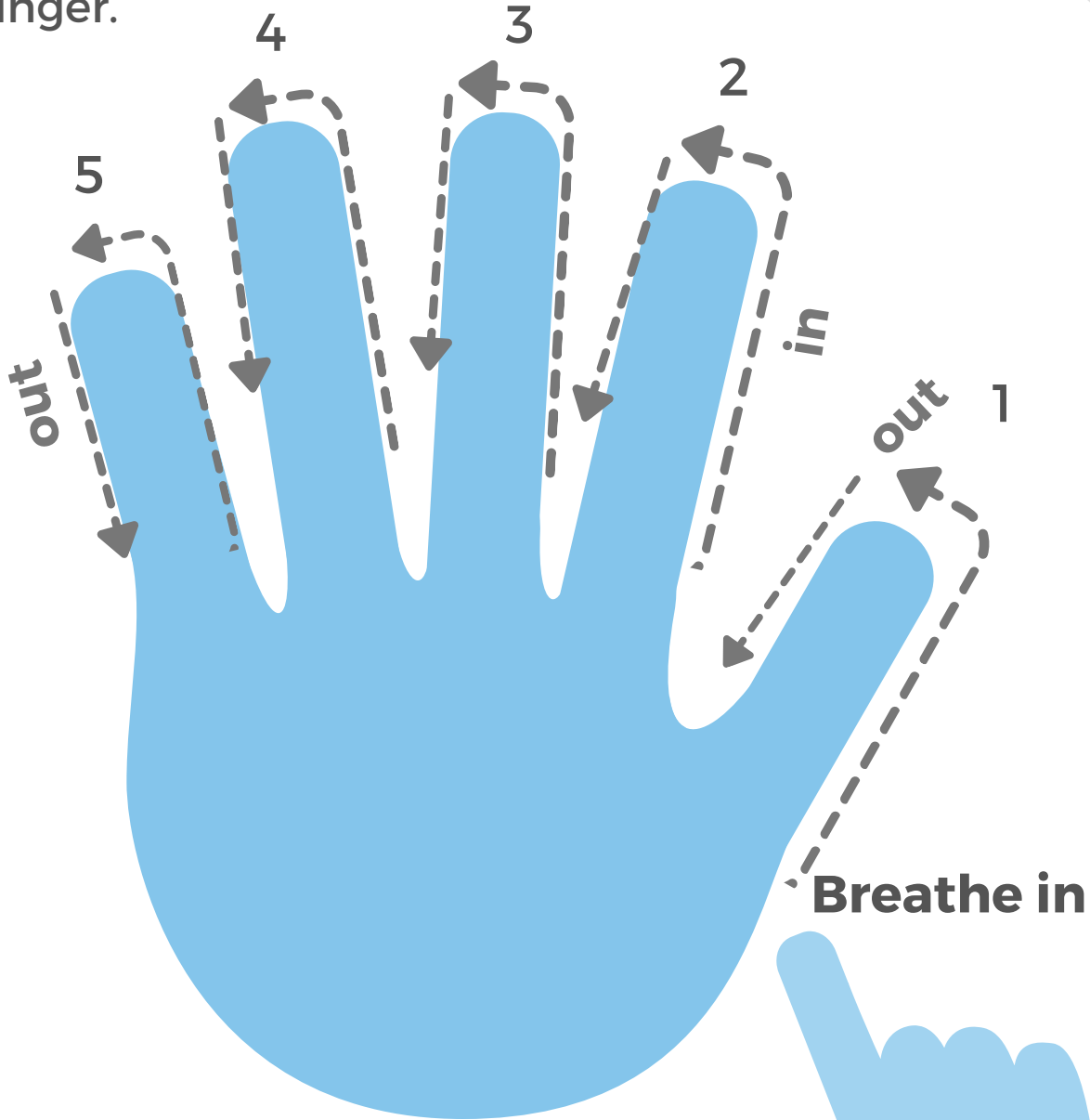


MINDFULNESS PRACTICE



Finger Breathing: Stretch your hand out like a star. Trace your hand with the opposite pointer finger. Take slow breaths in and out as you trace each finger.



Try finger breathing next time you're feeling upset, worried, or angry. You can also try this at bedtime to feel calm before falling asleep. How did you feel afterwards?