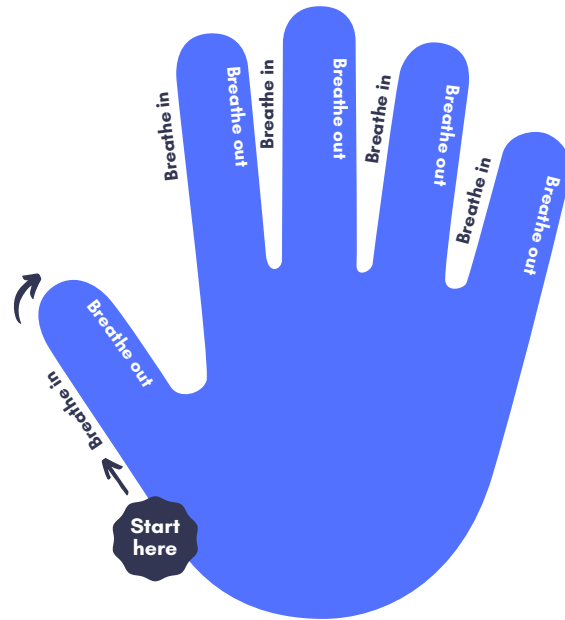




# HAND-TRACE BREATHING

**Get Comfortable:** Find a quiet spot to sit or stand where you can focus. Keep your back straight but relaxed, and make sure your feet are flat on the ground if you're standing. Take a deep breath and feel your body start to soften.



1. **Use Your Hand:** Hold one hand out in front of you with your palm facing you. You can use either hand.
2. **Start at the Bottom:** Use your other index finger to start at the bottom of your thumb (the part closest to your wrist).
3. **Breathe In:** As you trace up the outside of your thumb, take a full breath in through your nose.
4. **Breathe Out:** When you get to the top of your thumb, breathe out slowly through your mouth as you trace down the inside of your thumb.
5. **Repeat:** Now, move to your next finger (your index finger) and do the same thing: breathe in as you trace up the outside, and breathe out as you trace down the inside.
6. **Keep Going:** Keep going through your middle, ring, and pinky fingers using the same pattern.
7. **Finish:** After you've traced all five fingers, take a moment to breathe normally and think about how you're feeling.
8. **Optional:** If you want, you can repeat the exercise a few times or switch to your other hand.

