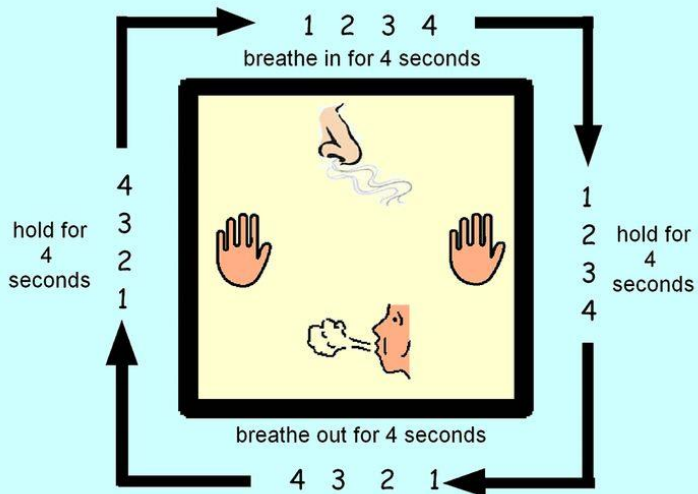


# Five finger breathing!




## SQUARE BREATHING




5 4 3 2 1

### SLOW DOWN & CALM DOWN

FIRST- TAKE 3 SLOW BELLY BREATHS!

5 List 5 things you can SEE 

4 List 4 things you can FEEL 









3 List 3 things you can HEAR 

2 List 2 things you can SMELL 

1 List something you like to TASTE 

FINISHED? - TAKE ANOTHER 3 SLOW BELLY BREATHS

### PROGRESSIVE MUSCLE RELAXATION

	Take 3 Deep Breaths
	Squeeze your foot for 5 seconds, Relax
	Squeeze your leg for 5 seconds, Relax
	Squeeze your stomach for 5 seconds, Relax
	Shrug your shoulders for 5 seconds, Relax
	Squeeze your arm & hand for 5 seconds, Relax
	Squeeze your whole body for 5 seconds, Relax
	Take 3 Deep Breaths

[MHST Five Finger Breathing – YouTube](#) – how to do five finger breathing