

CALM PALM

Want to feel calm?

Breathing has a deep association with emotional relief.

Here's a quick and tangible exercise to ease stress.

DIRECTIONS:

Use your index finger of the opposite hand to trace your hand.

Starting at the thumb breathe in deep through your nose as you trace up and breathe out through your mouth as you trace down.

Do this *slowly*.
About 4-5 seconds per side.

Repeat this exercise throughout the day as needed.



FUN FACT:

Based on Eastern beliefs and brain studies-- each finger is associated with an emotion.

TRY THIS:

Press on the sides of each finger tip that correlates with how you're feeling. What happens?



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