



### **Five Finger Exercise**

*Memorize the following steps to create a mental and physical sense of calm.*

1. Touch your thumb to your index finger on each hand. As you do so, go back to a time when your body felt healthy fatigue, when you had just engaged in an exhilarating physical activity. You might imagine that you had just finished running and your body felt fatigued from what you had accomplished.
2. Touch your thumb to your middle finger on each hand. As you do so, go back to a time when you had a loving and caring experience. You might recall a special moment with a family member or friend. It might be a warm embrace.
3. Touch your thumb to your ring finger on each hand. As you do so, go back to the nicest compliment you have ever received. Try to really accept it now. By accepting it, you are showing your respect and high regard for the person who said it. You are really paying him or her a compliment.
4. Touch your thumb to your little finger on each hand. As you do so, go back to the most beautiful place you have ever been. Dwell there for a while.