

Five-Finger Relaxation Technique

This technique is great for lessening anxiety, relaxing and building confidence. It only takes a few minutes to learn, and is actually very powerful.

To begin, get in a relaxed position, close your eyes, breathe slowly and deeply.

1. Inhale, and as you exhale, touch your **thumb to your index finger**. Recall a time when your body felt a **healthy fatigue**, like how you felt sinking into a chair after a day of hiking, playing tennis, swimming, some other exhilarating activity. Breathe deeply and try to feel the heaviness of your muscles.
2. Next, touch your **thumb to your middle finger** and think of a time when you had a **loving experience** – when you felt a strong sense of closeness or connection with another, like a warm embrace or an intimate conversation.
3. Now, touch your **thumb to your ring finger** and recall **the nicest compliment** you ever received. Listen. Take it in. Try to really accept it now. By accepting it you are showing your high regard for the person who said it, and you are really paying him or her a compliment in return.
4. Finally, touch your **thumb to your little finger**. As you do, reflect on the most **beautiful place** you have ever been. Let yourself soak in the environment – the colors, light, breeze, sounds, texture and smells. Allow yourself to stay in this place and dwell there for a while.

Now gently bring yourself back to where you are. Remind yourself that you can awaken this experience any time throughout your day by touching each finger, saying:

