

# The Finger Holds



**The Finger Holds** are used to manage emotions. Holding each finger while breathing deeply can bring emotional and physical calmness. The fingerholds are very helpful for young children who are crying or for people who are fearful, anxious or sick.

## METHOD:

1. Notice your emotion. Hold the finger for that emotion with your other hand for 2 to 5 minutes.
2. Breathe deeply IN and notice your feelings.
3. Breathe OUT slowly and let them go. Imagine the feelings draining out of your finger.
4. Breathe IN your strength and healing. Breathe OUT to release old feelings and problems

