

5 Fingered Peace

From the book: 5 Good Minutes: 100 morning practices to help you stay calm and focused all day by Jeffrey Brantley MD and Wendy Millstine NC

Directions: Do each step for 1 minute

1. Minute - Breathe deeply
2. Touching your thumb to your index finger travel back to a time when you felt a feeling of healthy exhaustion after exerting yourself physically, perhaps cleaning, gardening, running a race, hiking, biking or another activity – just take in how you felt in body, mind and spirit
3. Touching your thumb to your middle finger, travel back in time to a loving exchange or connection with someone special; a loving letter, a deeply connected time with a child or grandchild, a loving sexual experience, a heartfelt conversation or other loving exchange that is just right for you.
4. Now, touching your thumb to your ring finger, try to recollect the most caring gesture you have ever received. Take a moment to truly take in – take the opportunity to truly accept the gift – just take it in!
5. Lastly, touching your thumb to your pinky, travel to the most magnificent place you have ever been or dreamed about going to – take a moment to absorb the beauty all around you.

Remember this is yours to do whenever you need. This five finger relaxation can bring strength, harmony and a sense of peace. Open your eyes slowly and gently when done.

... and another quick calming technique:

The 60 Second Technique

1. Feel your feet on the floor
2. Feel the support and comfort of the chair
3. Draw energy from the earth through your feet into your body with each of 3 breaths
4. Picture your favorite place
5. Name out loud how you feel

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