CALM YOURSELF WITH A

5 FINGER BREATHING
BRAIN BREAK

Breathe in
Breathe in
Breathe in
Breathe in
Breathe in

Breathe out
Breathe out
Breathe out
Breathe out
Breathe out

Start here

Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.

International Autoimmune Encephalitis Society