



YOUR MIND MATTERS

HAND BREATHING GUIDE

Feeling angry is something all of us have experienced in some way. When we feel angry we may feel it very strongly and sometimes sense we are losing control.

Anger often begins due to feelings of being overwhelmed, suggesting it may be linked to emotions such as stress, worry, embarrassment and so on.

Hand breathing helps us to take notice of how our body feels, and to learn how to distract our mind and relax our bodies.

Remember! Like all breathing techniques, hand breathing is most effective when you are skilled at using it. Try to practice at first while you feel calm.

Using the pointing finger of one hand, begin to trace your other hand (like you would with a pen on paper at school). As you trace up each finger, breathe in deeply through your nose for 4 seconds.





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At the tip of each finger, try to hold your breath for 4 seconds if you can.

As you trace back down each finger, release your breath slowly through your mouth for 6 seconds.

As you breathe out, take notice of the muscles in your body and try to let them relax. If you are sitting down, try to feel yourself 'sinking' into your seat.

Repeat this technique as many times as you need to until you feel calm.

