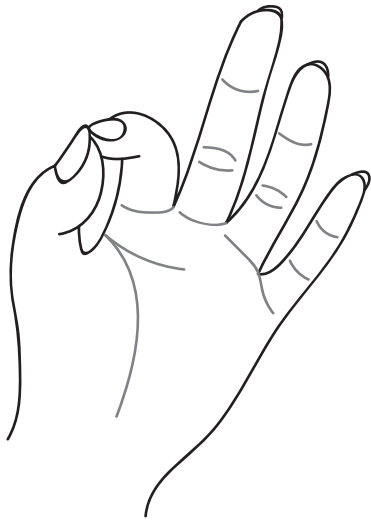
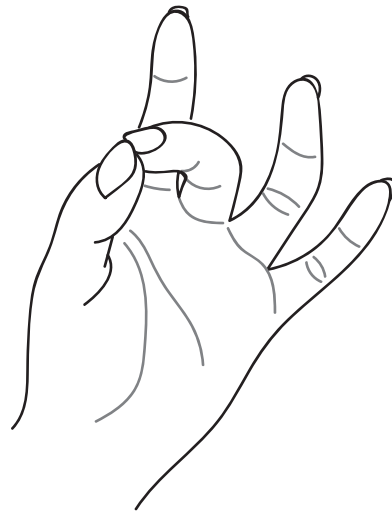


## Five Finger Relaxation

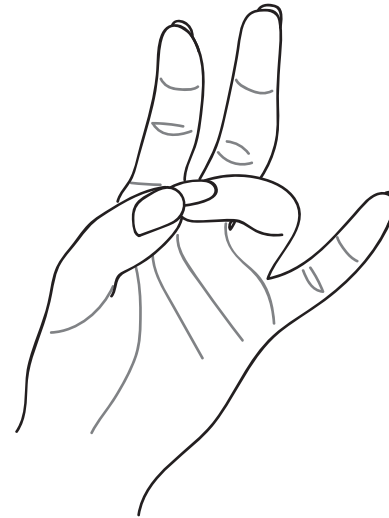
**Five Finger Relaxation is a simple technique that helps you to pause for a moment and to focus your mind. The strength is that you can try it anywhere. Sit in a comfortable position with your hands resting on your lap.**



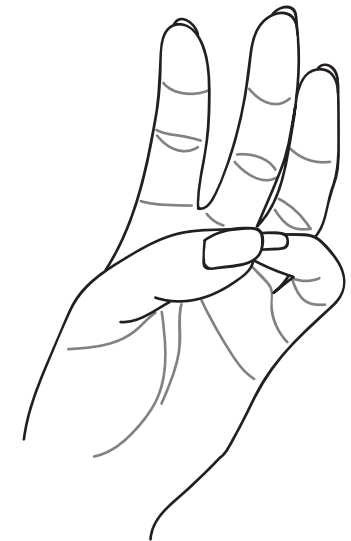
Touch your thumb to your index finger. As you do so, go back in time when you felt physically tired after taking part in exercise such as a game of tennis or after digging in the garden.



Next touch your thumb to your middle finger. As you do so, go back to a time when you felt loved and cared for.



When you are ready touch your thumb to your ring finger. As you do so, think about the nicest compliment you have ever received. Try to really accept it now.



Finally touch your thumb to your little finger. As you do so, go back to the most beautiful place you have ever been. Dwell there for a while.