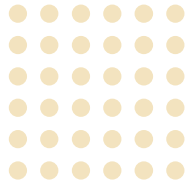


MINDFULNESS HAND BREATHING

Benefits of *Five Finger Breathing*



RELAXS YOUR BODY

When your parasympathetic nervous system is active, you can take your focus away from worries and stressors.

RELIEVES STRESS AND ANXIETY



PROMOTES SLEEPING

REDUCES PAIN

PROMOTES HEALING



For more great techniques for increasing your mindfulness and wellbeing, visit

[HHSWELLBEING.COM](https://www.hhs.gov/well-being)

