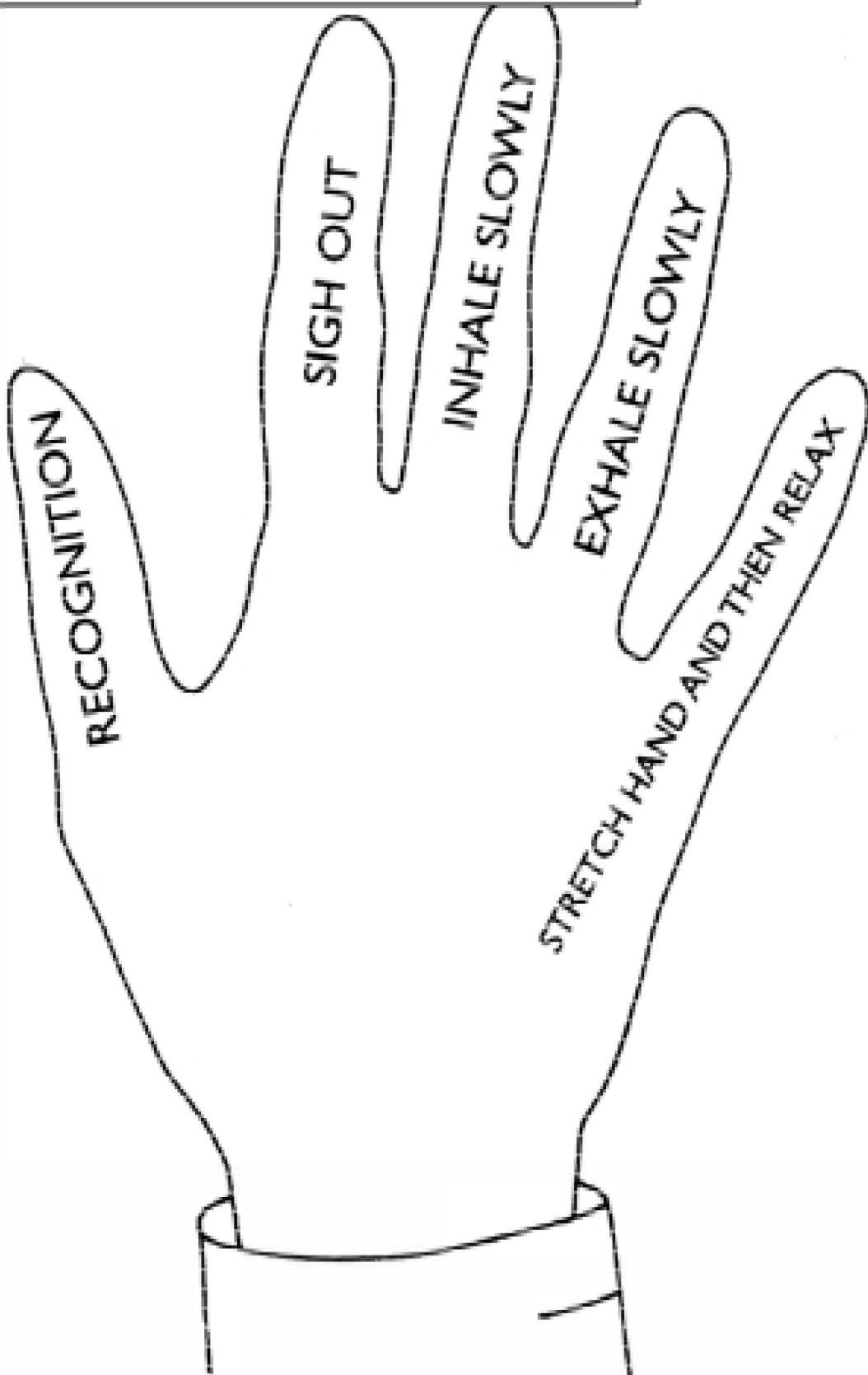




Calming Hand



Calming Hand

There are five steps (or fingers) to understanding the calming hand.

Step 1 - Thumb - Recognition

Recognise your signs of panic EARLY & take the following steps to regain control.

Step 2 - Index Finger - Sigh out

As you do, relax your shoulders & arms.

Step 3 - Middle Finger - Breathe in slowly.

Step 4 - 4th Finger - Breathe out slowly.

Step 5 - Little Finger - Stretch & relax your hand.

Sometimes just hand stretching is enough to help when you are starting to panic.

Repeat these steps until you feel calmer.