

Five Finger Exercise

This is a simple exercise to lift your mood when you're feeling sad or low about yourself. Take the following steps:

1. Take a few deep breaths.
2. Allow yourself to feel relaxed and calm.
3. Touch your thumb to your index finger. Then, think of a time when you felt really happy
4. Then, touch your thumb to your middle finger. Remember a time when you felt successful and good at something.
5. Touch your thumb to your ring finger and remember a time when you did something important for someone else.
6. Touch your thumb to your little finger and think of someone you love.

Practice this exercise whenever you need a quick reminder of how to feel good about you