

Five-Finger Relaxation Technique



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Close your eyes and let your hands rest in your lap. Using either your right or left hand (it doesn't matter which one), bring your fingers down to touch the tip of your thumb one-at-a-time according to these directions:

- Touch your index finger to your thumb.
 - As you do, go back to a time when your body felt healthy fatigue, when you had just engaged in an exhilarating physical activity.
 - Imagine how good it felt to have spent all of your physical energy without overdoing it.
 - Your body felt heavy, your muscles smooth and motionless.

- Now bring your middle finger down to the tip of your thumb.
 - As you do, recall a time when you experienced a loving physical touch.
 - It may have been a hug, a tender arm placed around your shoulder.
 - Remember how good it felt to receive a warm supportive touch from someone who was important to you.

- Next bring your ring finger down to touch your thumb.
 - As you do, hear again the words of a sincere compliment you received.
 - You had exerted a special effort, and you felt gratified that someone had taken the time to acknowledge your contribution.

- Finally bring down the tip of your little finger to your thumb.
 - As you do, imagine looking out over a beautiful outdoor vista.
 - You felt content and inspired by the majesty of nature.

Adapted from Davis, M., Eshelman, E.R. & McKay, M. (1988). The Relaxation & Stress Reduction Workbook. Oakland, CA. New Harbinger