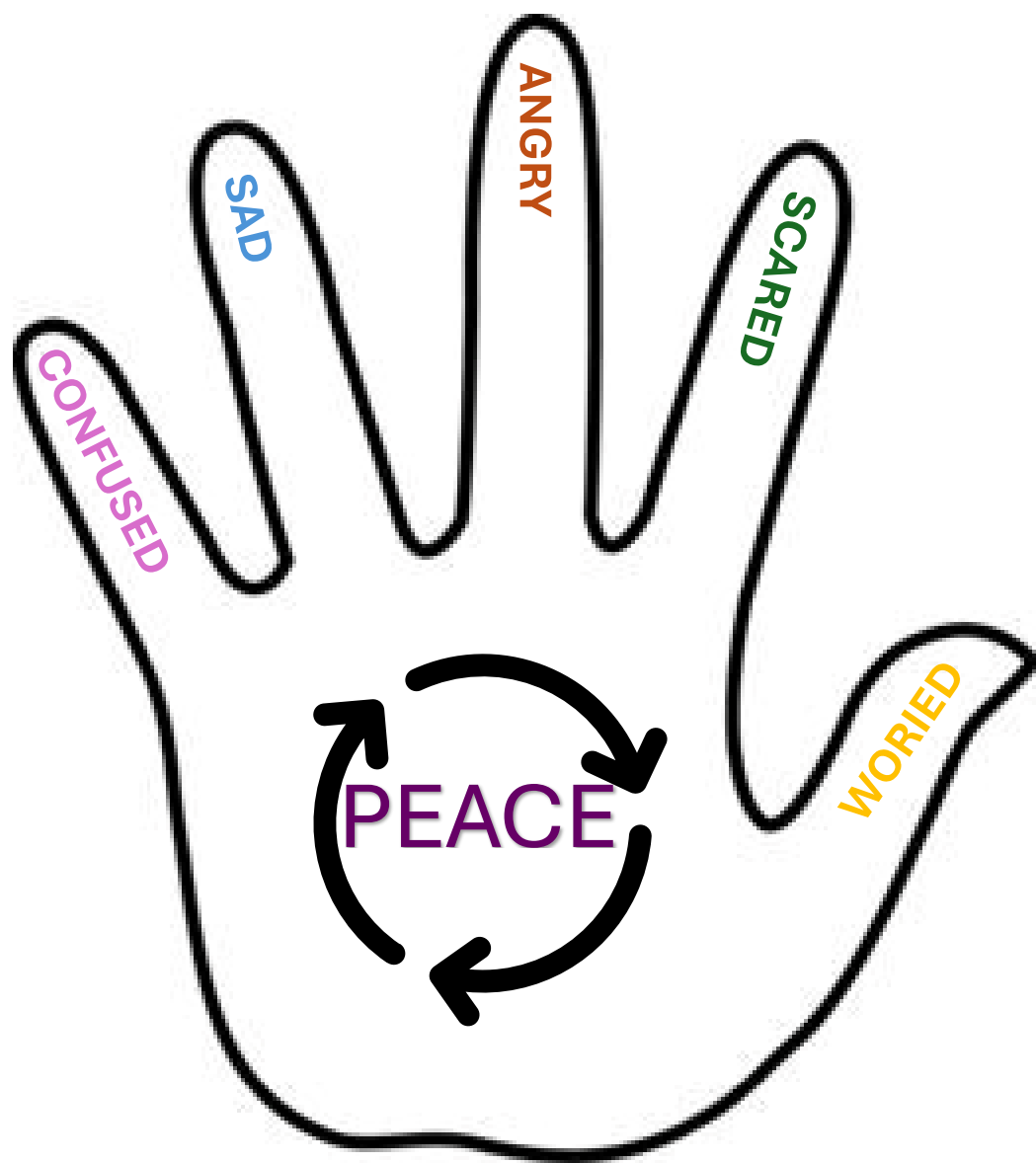


Hand of Peace



- 1) Wrap your hand around the finger of the emotion you are experiencing.
- 2) Close your eyes and squeeze that finger.
- 3) Take deep breaths while counting to 50.
- 4) If you are feeling more than one emotion, repeat with other fingers.
- 5) Finish by circling your finger or thumb around your palm while restoring peace.