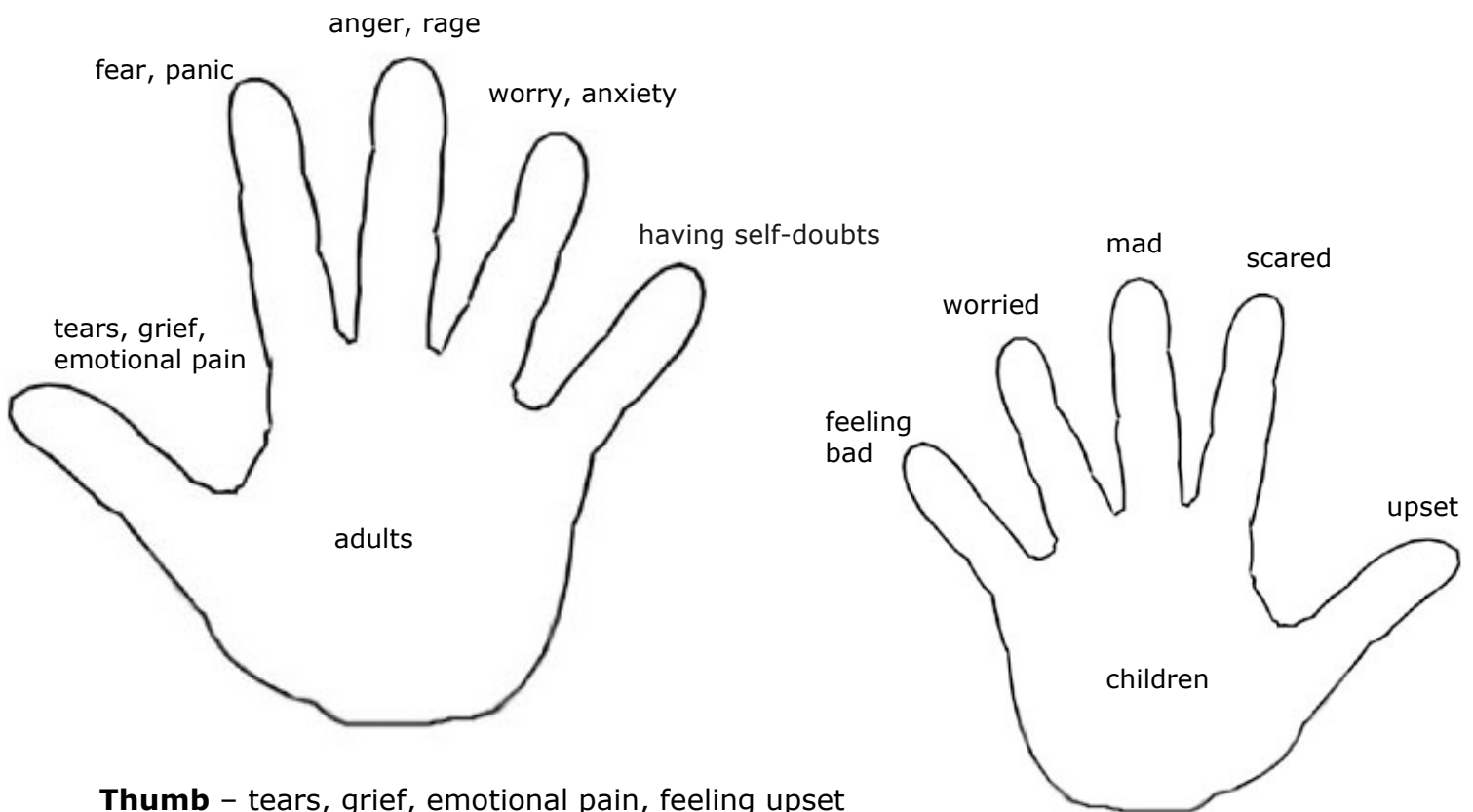


Fingerhold Practice for Managing Emotions and Stress*

Practicing fingerholds can help to manage emotions and stress. Hold each finger, in turn, with the other hand, holding for as long as it feels comfortable. Hold gently, but firmly. As you hold your finger, breathe in a way that feels comfortable. Many adults feel relief after 2-5 minutes per finger, and children often need to hold their fingers for much less time (30 sec. – 1 min.) for it to feel useful. You can work with either hand, and you can also work with just one or two fingers if that feels most helpful (or you don't have a lot of time).



Thumb – tears, grief, emotional pain, feeling upset

Pointer/Index finger – fear, panic, feeling scared

Middle finger – anger, rage, resentment, feeling mad

Ring finger – worry, anxiety

Little finger – having self-doubts, not feeling good about ourselves or feeling bad

* This handout was adapted from Capacitar's *Emergency Tool Kit* by Jen Curley, National Center on Domestic Violence, Trauma & Mental Health. We welcome your feedback at jcurley@ncdvtmh.org.