

Finger Mantra

Mantras and affirmations allow us to get out of our head and be present. Finger Mantras help us take these nervous and anxious feelings and counter them. We simply stop and breathe- holding out one hand, touch your thumb and pointer fingers together and say “I”, next touch your thumb to middle finger and say “AM”, continue with your ring finger and say “O”, and finally your pinky finger stating “K” - I AM OK - I am so CALM - I am so BRAVE - I am so WISE. This helps us shift our mindset to where we want it to be. If we are feeling nervous, shift it to calm. Or we can simply BREATHE IN, BREATHE OUT, thus pushing out the negative and making space for positive, encouraging thoughts.