

Finger exercises

Sometimes you need a quick way to get your thoughts away from your anxiety. Finger exercises are good for such situations.

Version 1:

Place the backs of your hands against each other. Cross your fingers and squeeze them against each other. Finally, bring your palms together.

Version 2:

Cross your fingers at the middle joints. Place the edges of the joint capsules against each other and squeeze.

YouTube video of the exercise

<https://youtu.be/u97UAvO4q2Y>



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