

Mindful Hand Care

(Allow two to three minutes)

1. I take a moment to stop and ask, **'How am I feeling right now?'** I notice and name my thoughts and emotions and how my body is feeling.
2. I take my **feet a hip width apart**, sensing my body upright without slumping or stretching.
3. I take three sighs, or I yawn relaxing my jaw, releasing the breath and **lowering my heart rate**.
4. I take enough soap, hand gel or moisturiser to cover my hands and roll over my palms, the back of my hands and between my fingers. I rub my hands together. During the exercise **I focus on feeling my hands** touching and move. **I choose to place to one side distracting thoughts**.
5. I take a few more gentle sighs or yawns. I take a moment to ask, **'How am I feeling now?'**

As I move to my next task I remind myself that with self-care and self-compassion, I have more capacity to care for others in my professional and personal life.