ACTIVITY 12 STRESS MANAGEMENT

Finger Holds: Releasing Blocked Emotions

Materials needed
Copies of hand art below

Group size
Any size

Ages
5 to adult

This is a stress-management activity. During times of crisis, our thoughts, feelings and bodily tensions can block our energy and prevent it from flowing through us, leading to higher levels of stress and intensified emotions. By applying pressure to their fingers, participants release feelings of blocked energy and reduce feelings of stress. Finger holds work well with children, giving them a way to control their feelings during times of uncertainty.

Instructions
1. Pass out copies of the hand art below. Explain to participants that, in Indonesian culture, each of our fingers represents energy connected with a specific emotion, as shown on the hand art.

2. To release some of these negative emotions, tell participants to choose a finger on one hand (whichever hand they choose) and wrap their opposite hand around it. Have them hold the finger firmly until they feel a pulsing sensation, or for about two minutes. The pulsing sensation indicates that the energy is flowing and balanced, that the strong feeling or emotion is being released.

3. Have participants repeat with each finger on the hand chosen.

4. Remind participants to be aware of how they hold their hands and fingers at different times, and how this may relate to their feelings. Practicing finger holds will not eliminate negative emotions, but it will allow participants to keep from being overwhelmed by their emotions and to take control of the moment.