

The Roller Coaster Breath

"Inhale the climb, exhale the fall. Either way, breath carries you through."

~Priyanka



DATE : _____

M T W T F S S

WHY ROLLER COASTER BREATH?

Life comes with climbs and drops. This practice uses the fingers as "levels", each climb teaching patience, each release teaching letting go. Even the tallest climb, like the middle finger, can become a breakthrough. Breath anchors us through it all, one rise and fall at a time. This reflection is part of The Healer's Diary video series. You can watch the companion video, "[Breathing Through Life's Ups and Downs | Roller Coaster Resilience Practice](#)," to sit with the metaphor with awareness, steadiness, and the reminder that each climb builds resilience.

Notice

Right now, the "up" in my life feels like...

(for e.g.: new opportunities, moments of calm, connection with someone).

Each climb builds resilience.

Breath is my anchor through the motion.

Reflections to Carry With Me

Name the Climb

The challenge I'm currently facing, my "level", is...

(for e.g.: stress at work, self-doubt, waiting for results)

Breakthrough

One past challenge that felt like a big climb, but taught me resilience, was...

Carry Forward

If I could bring one lesson from that breakthrough into today, it would be...