

HAND REFLEXOLOGY



TAKE 10 MINUTES OUT OF
YOUR DAY TO TRY THESE
SIMPLE TECHNIQUES TO
SUPPORT STRESS & ANXIETY.

TO SUPPORT STRESS & ANXIETY

Find yourself a comfortable space to sit and relax. Begin by massaging your favourite hand cream into your hands paying particular attention to the palms of your hands. Take a few slow deep breaths focusing solely on the rise and fall of your chest. Think about how the air feels moving in and out of your airways.

Solar Plexus – Using the opposite thumb apply gentle pressure as you inhale and release as you exhale.

Head – Using the opposite thumb use gentle pressure to caterpillar walk up the thumb from the crease to the tip in 5 vertical lines, then push from tip of thumb down to the crease following the same 5 vertical lines.

Neck – Using the opposite thumb use gentle pressure to caterpillar walk around the reflex, repeating 3 times.

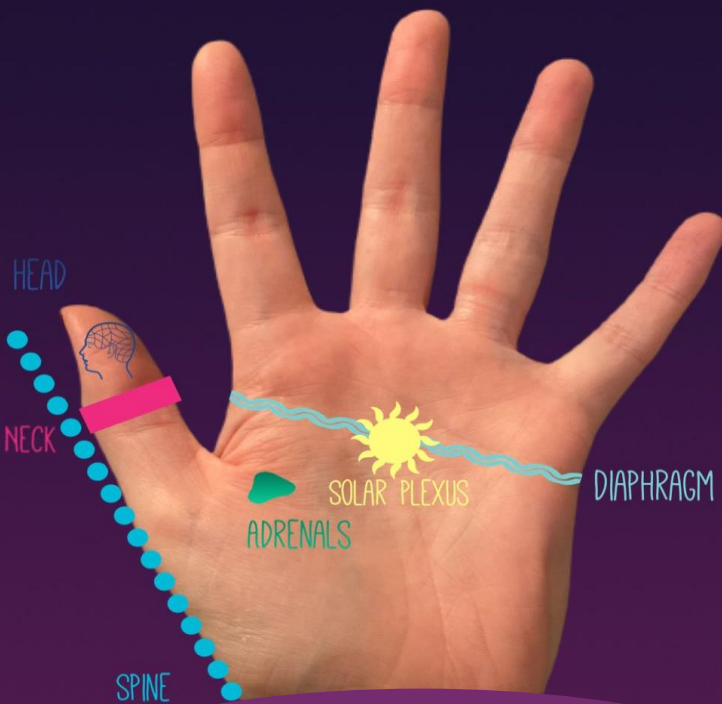
Spine – Sweep fingers/thumb down the edge of the thumb and onto the side of the palm.

Adrenals – Using the opposite thumb apply gentle pressure as you circle the reflex and hold for 30 seconds.

Diaphragm - Using the opposite thumb use gentle pressure to stroke or use small circular motions to move across the diaphragm line.

Solar Plexus – Using the opposite thumb apply gentle pressure as you inhale and release as you exhale.

Give yourself a few minutes to enjoy the feeling of calm washing over you before you continue with your day.



WORK ONE HAND AT A TIME, USING THE
OTHER HAND TO WORK THE REFLEXES.
REPEAT EACH MOVE 3 TIMES.
THEN SWAP HANDS.