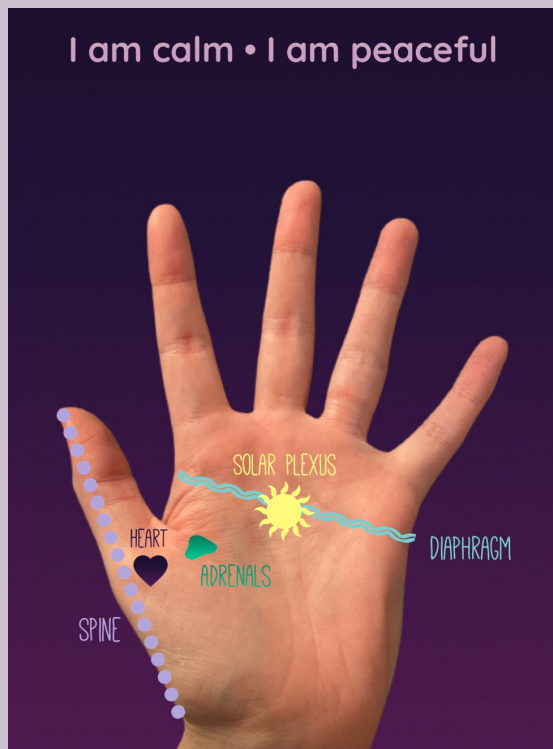


Relaxation Support

PRACTICE THESE TECHNIQUES FOR 15-20 MINUTES DURING THE DAY WHEN YOU NEED TO PROMOTE RELAXATION.



I am calm • I am peaceful

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.

DIAPHRAGM – USING THE OPPOSITE THUMB USE GENTLE PRESSURE TO STROKE OR USE SMALL CIRCULAR MOTIONS TO MOVE ACROSS THE DIAPHRAGM LINE.

SPINE – USING THE OPPOSITE THUMB GENTLY SWEEP DOWN FROM TOP OF THUMB TO OPPOSITE SIDE OF BASE OF PALM.

ADRENALS – USE YOUR OPPOSITE THUMB & FOREFINGER, GENTLY PINCH AND CIRCLE.

HEART – USE YOUR OPPOSITE THUMB TO HOLD THE AREA AND CONCENTRATE ON YOUR BREATHING FOR 30 SECONDS.

REPEAT 'I AM CALM, I AM PEACEFUL' THREE TIMES.

NOTICE HOW YOU FEEL NOW COMPARED TO HOW YOU FELT BEFORE YOU STARTED.

WISHING YOU PEACE AND CALM.

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