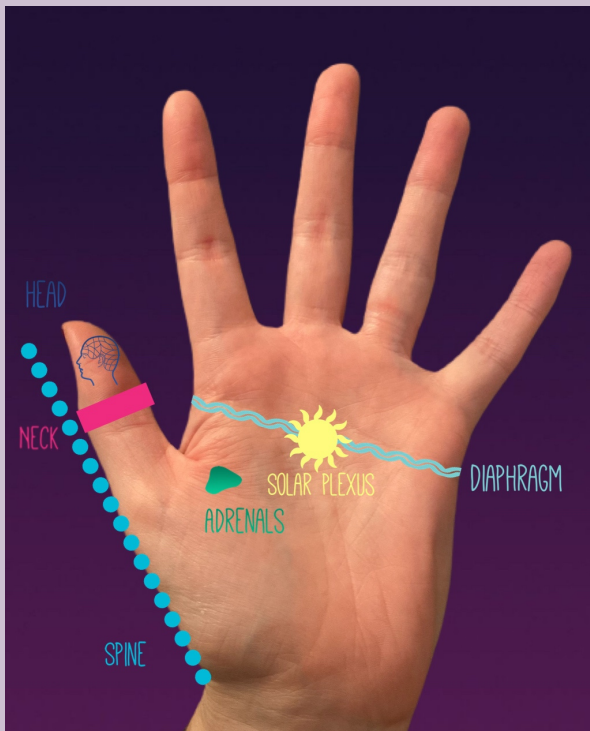


## Stress & Anxiety Support

**PRACTICE THESE TECHNIQUES FOR 15-20 MINUTES DURING YOUR DAY TO SUPPORT STRESS & ANXIETY.**



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

**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.**