

# REFLEXOLOGY



Work one hand at a time, using the other hand to work the reflexes. Then swap hands.

## STRESS BUSTING *for clients*

WORK BOTH HANDS: TRY THIS FOR 5 MINUTES A DAY

- Use your thumb to push across the purple dotted line on the opposite hand (the diaphragm line)
- Use your thumb to make slow circular movements in the centre of the hand (the solar plexus reflex). Take 3 deep breaths, in through your nose and out through your mouth.
- Use your thumb to gently press and rotate over the green circle in the soft area between thumb and first finger (adrenal reflex)
- Use your thumb to push firmly along the pink dots (the spine reflexes)
- Press and rotate over the grey circle in the centre of the thumb (the pituitary gland reflex)

### STRESS-BUSTING TIPS: BECAUSE YOU MATTER

- Reflexology (or other complementary therapies) can be beneficial to wellbeing.
- Regular exercise helps - choose activities that you enjoy.
- Spend time outdoors for improved mood.
- Write down 3 things every day that you are grateful for - this can help your brain to look for the positives in life.
- Increase communication with family and friends, which can help any feelings of isolation.
- Healthy eating - try to ensure that you have a well-balanced diet and reduce sugary foods, caffeine, alcohol and smoking as these can affect sleep and increase anxiety.
- Get plenty of sleep and have regular sleeping/waking times - feeling tired can make it harder for our bodies to cope with stressors.
- Meditation or at least some deep breathing can help calm the mind and make you feel more in control.