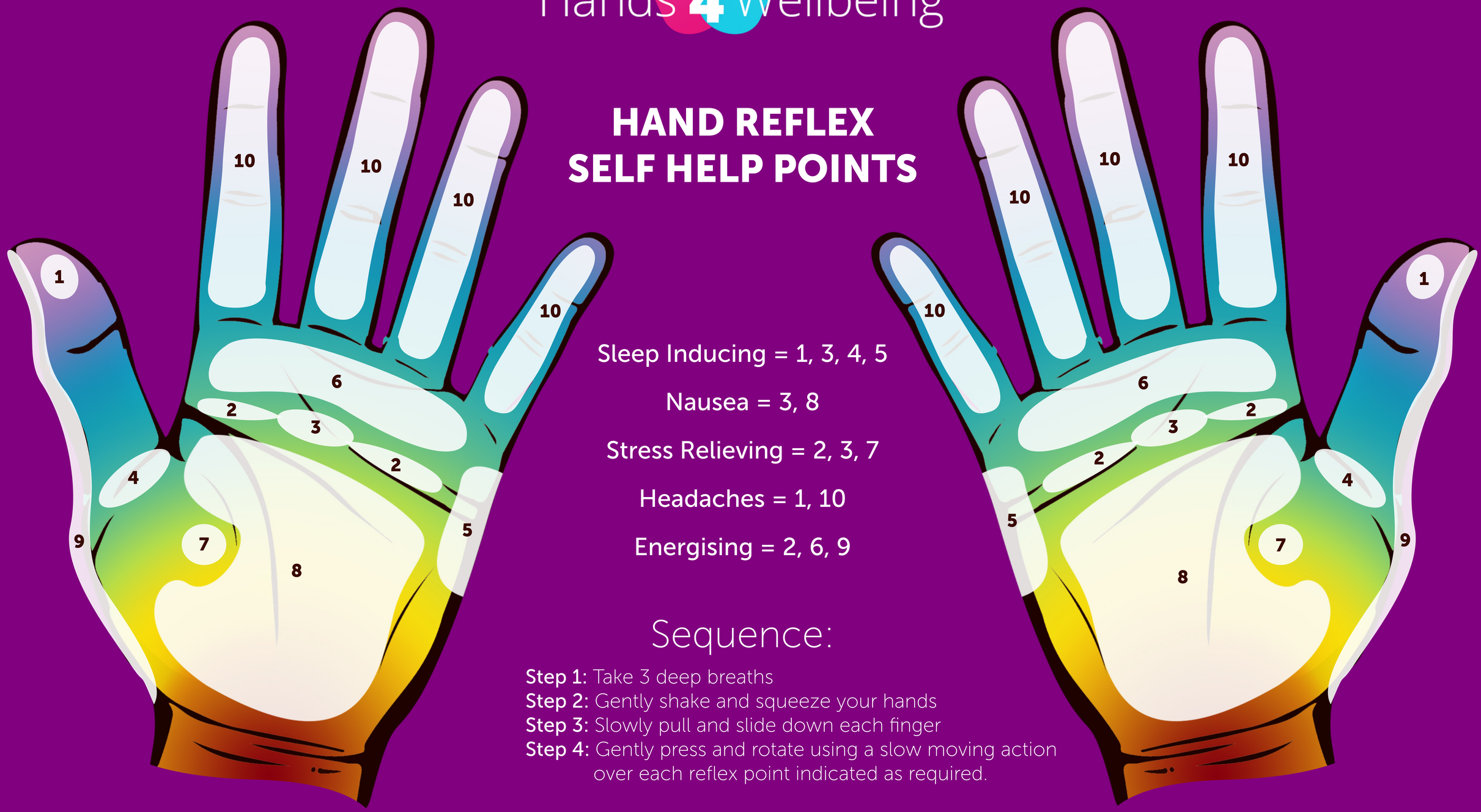
Hands 4 Wellbeing™

HAND REFLEX SELF HELP POINTS



Sleep Inducing = 1, 3, 4, 5

Nausea = 3, 8

Stress Relieving = 2, 3, 7

Headaches = 1, 10

Energising = 2, 6, 9

Sequence:

Step 1: Take 3 deep breaths
Step 2: Gently shake and squeeze your hands
Step 3: Slowly pull and slide down each finger
Step 4: Gently press and rotate using a slow moving action over each reflex point indicated as required.

Take time to work each reflex point and be mindful of your breathing.
Reflexology does NOT replace conventional medical treatment.

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Hands 4 Wellbeing

"Supporting your health and wellbeing"

Reflexology is a complementary therapy based on the belief that there are reflex areas in the feet and hands which are believed to correspond to all organs and parts of the body.

The **benefits** can include:-

- **Relief from stress, anxiety and tension**
- **Feelings of deep relaxation**
- **Improved mood**
- **Improved sleep**
- **A general sense of health and well-being**

The diagram on the reverse of this card has been designed to show how hand reflexology may support you in common situations that affect most people at some time:-

• **Improve Sleep:** this can be applied before going to bed and on waking during the night.

• **Relieve nausea or travel sickness:** this can be used in cars, buses, trains, planes etc.

• **Stress relieving:** ideal for waiting rooms, during exams, within the workplace etc.

• **Headaches:** this can be applied when you feel the early stages of a headache and should be applied as required until feeling better.

• **Energising:** perfect for giving you that extra boost.



Hand Reflexology

Hand reflexology is unobtrusive and you can use it to treat yourself anywhere at anytime.

Breathing Exercise

Inhale deeply with your mouth closed, hold for a few seconds, then exhale slowly through your mouth.

REMEMBER:- practice deep breathing whenever you need to feel more in control.