

STRESS MANAGEMENT: *Self massage*

Ensure hands and locations are warm.

Forehead: Using both hands simultaneously smooth gently outwards from the centre to the temples

Using both hands, one after the other, smooth upwards from the brow to the hairline

Using the tips of the fingers of both hands simultaneously make gentle pressing and circling movements in the temples

Face: Using tips of fingers of both hands make circling movements over the eyes

Draw the tips of the fingers of both hands down from the eyes and across the cheeks in sweeping strokes

Neck: Turn your head slowly in a circular motion keeping the head upright

Let your head bend to one side and then to the other keeping shoulders straight

Bend your head gently forward and then as far back as is comfortable for you

Rest head so that muscles at the back of the neck relax then gently squeeze and let go several times

Put both your hands around your neck so that fingertips just touch at the back. Pause and feel warmth transfer from hands and with tips of fingers gently press and make circling motions

Shoulders: Use both hands to take folds of flesh between fingers and thumbs and make squeezing movements at base of neck

Using tips of fingers of both hands make gentle pressing movements

Breathing

In a quiet place stand with feet 18 inches apart and arms behind you with hands resting on top of one another in the small of your back, close eyes and relax. Then breathe in gently through nose filling lungs. Pause then breathe out slowly. Imagine your breath is travelling down your body to your feet. Pause briefly and inhale once more. Start with 5 repeats and slowly build up to ten. If you feel dizzy stop and sit down.