

Stress-reducing Reflexology Technique

As we slowly start to pick up the threads of our old lives and once again move into an unknown future, it is understandable to be feeling anxious, uncertain and stressed. Even mild forms of these can leave your body feeling exhausted.

Therefore I would like to share with you a hand Reflexology technique that you can use on yourself if ever you are feeling your stress levels rising. As you are working on your hands, you can do this technique instantly and discreetly.

In Reflexology, we believe all aspects of the body are reflected in both the hands and feet. For this stress relieving technique, we are aiming to stimulate your Solar Plexus, which is a crucial region of your body which helps to manage stress. By stimulating this area through Reflexology, it sends a calming message to your Sympathetic Nervous System and will hopefully lower your body's reaction to the stress you are experiencing.



Start by loosely cupping your left hand and place the thumb of your right hand in the centre of your palm, where the skin creases. Your thumb should fit quite naturally into this dip and feel comfortable



To check your thumb is in the correct position, in the centre of your palm, gently close your fingers over your thumb and completely enclose it, as shown here. Readjust your thumb position to make sure it is right in the centre

Once you are in this correct position, uncurl your fingers again and return to the position shown in the first image. Your thumb is now resting over your Solar Plexus region. To stimulate it, imagine the area under your thumb is the size of a 10p coin and gently and slowly, move your thumb in a small clockwise circle, keeping contact with the skin and massage this area but stay within a 10p coin radius. Go gently with the massage, it should feel relaxing, not painful. Massage for ten clockwise rotations and then ease off. Then repeat for another clockwise ten. If you can manage some slow breaths in and out at the same time, this will help the exercise too. The area may feel a little sore (particularly if your stress levels are high), just ease off the pressure slightly as you are aiming for a comfortable massage.

Then repeat the whole process using your other hand and thumb. This will be enough for one day unless your stress levels are very high. If this is the case, you can repeat the exercise up to four times a day.

This technique can also be used if you have hiccups as it helps to soothe your diaphragm, which is causing the problem.

I hope you find this technique helpful. You may also be interested to view some videos I made during Lockdown to help with relaxation, stress, anxiety and positive thinking. These can be viewed by clicking the following link to "Well Being with Jane":

<https://www.youtube.com/user/2011JPearce>

The videos can also be viewed on the Natural Practice website:

<https://www.thenaturalpractice.com/about-us/practitioners/jane-pearce>