

# Shiatsu for Mental Health



TOUCH FOR LIFE

Shiatsu based self-help practices can empower us to feel more in control of our health and life conditions. Using the simple practices below, or having a treatment from a professional practitioner, can help support your health and wellbeing.

## What is Shiatsu?



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#touchforlife

Shiatsu touch is caring, compassionate, nourishing, respectful. It affects the body, mind and emotions.

## Points and Practices for relieving anxiety & stress in mind & body



### Seasonal nutrition

We often over-indulge in sugar and sweets at this time of year. This can lead to peaks and slumps in energy as our blood glucose fluctuates, leaving us agitated and physically stressed. Dried dates, unsulphured apricots, almonds, sunflower seeds and cashews make a delicious and nutritious alternative. Herb teas containing fennel or liquorice are sweet and relaxing.

## Activity 1

### 'Alternate nostril breathing'

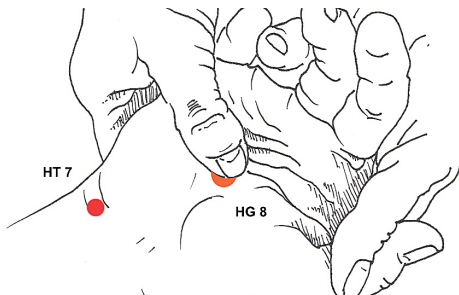


**This technique activates the part of the nervous system that supports relaxation**

- Close one nostril with your thumb; inhale deeply through the other nostril
- At peak inhalation, release your thumb and close the other nostril with your ring finger, then exhale.
- Breathe in through this nostril and repeat the process above, alternating your inhalation and exhalation between your nostrils

## Acupressure

Guidance: Find the point, press as you breathe out, feel for warmth or tingling, and hold as long as it feels good. Press the points on both sides of the body.



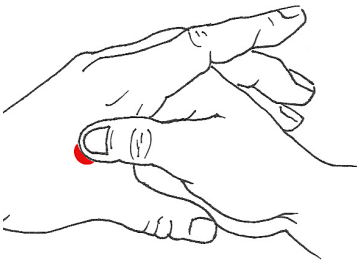
HT7 & HP8: both calm the mind and reduce anxiety

## Activity 2

### Give yourself a hug



Giving yourself a hug can release oxytocin, the 'cuddle hormone', which is shown to lower stress and anxiety



LI4: letting go on all levels from headache to difficult situations. Don't use in pregnancy!