

# Shiatsu for Seasonal Affective Disorder



TOUCH FOR LIFE

In a year that has disrupted routines, separated us from friends and family, and provoked a range of strong emotions, one thing is clear: we need touch, as a basic human necessity, as much as we need shelter, food and warmth.

Shiatsu touch and allied practices can be learned and practiced by anyone and shared with loved ones as a form of self-care.

From early December to the end of January the Shiatsu Society is releasing themed guides for your 'wellness survival kit' to support you and your family through the winter months.

## What is Shiatsu?



Like our FB Page and follow on Insta so you don't miss the free resources we're releasing throughout Dec & Jan.



#touchforlife

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

## Points and practices for 'winter depression', lethargy, anxiety

### Activity

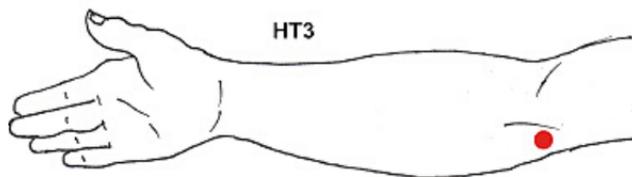


Exercise and sunlight are good antidotes to 'winter blues'. A regular, brisk daily walk in nature counteracts sleepiness and weight gain, plus a "mindfulness task" as you walk helps with mind focus. Try to notice 5 things in nature you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell and 1 thing you can taste.

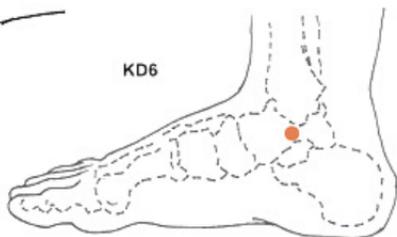
# Acupressure

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.

The images show points you can gently press to bring relief from specific symptoms, or support body and mind as required.



HT3: calms the mind, depression



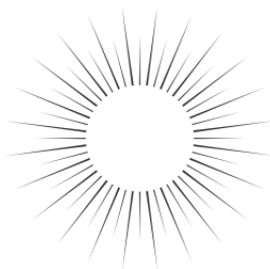
KD6: calms the mind, fear & anxiety

## Activity



GB/LV stretch: doing this stretch gently with back straight and in your comfort range helps to expand you out of lethargy and low mood.

## Activity



Take time outside in full spectrum light (so – specs off!) to stimulate brain production of serotonin, one of the 'happy chemicals' which regulate mood.