

# Shiatsu for Stress Management



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 with understanding or addressing issues around managing stress.

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

## What is Shiatsu?

Shiatsu touch is caring, compassionate, nourishing, respectful. It affects the body, mind and emotions. Shiatsu should not be used as a substitute for medical treatment, but can be used alongside medical treatment.



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#touchforlife

## Points and Practices to help with stress management



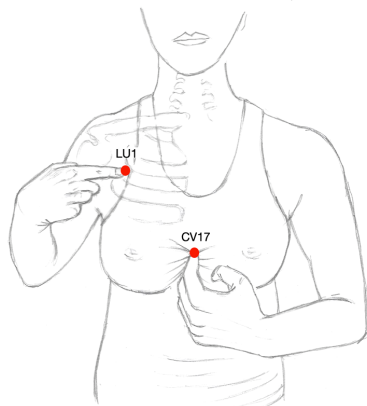
### Being present

When we are stressed, we tend to feel “up in our head,” our nervous system goes into overdrive and the hormones adrenaline and cortisol may put our body systems onto constant alert. Practices which bring us back into body awareness here and now can be helpful.

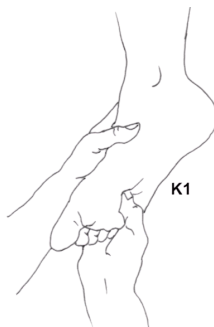
# Acupressure

Guidance: Find the point, press as you breathe out, feel for warmth or tingling, and hold as long as it feels good.

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



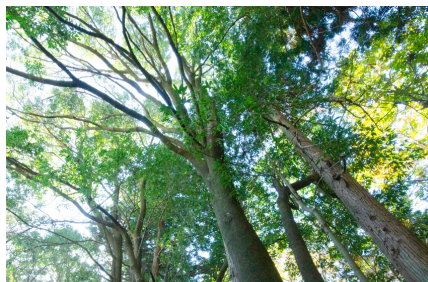
LU1: deepens our breathing  
CV17: calms and soothes the emotions



K1: grounding and calming effect



LV3: helps with headaches and brings energy to your feet



**Walking in Nature** has proven stress relieving effects – this is known as “forest bathing” in some countries. The movement helps to burn off stress chemicals, while being surrounded by the colour green and breathing more deeply both reset the nervous system.

## Activities

**Take 10 deep belly breaths** – place your hands just below your navel and breathe in and out, inflating your whole abdomen as you breathe in, and relaxing the air out on the outbreath.

