

Japanese Shiatsu for Anxiety and Stress

Anxiety Reduction Technique



1. Use your thumb on your right hand to apply pressure in the middle of your left palm, pressing that area for 30-60 sec.

2. Pull all four fingers of your left hand with the fingers of your right hand to stretch them. Release after 5 sec.

3. Vigorously stroke the inside of your entire left palm with your right thumb for 30 to 60 sec.

4. Finally, flip your hand over & massage the top of your wrist in a circular motion for 30 to 60 sec.

5. Switch hands and repeat exercise.

6. Perform this exercise twice daily.