

## Reflexology and Relaxation Session

**We hoped that you enjoyed your Reflexology and Relaxation Session. Here is some information to support you after the session**

These sessions are aimed to support your wellbeing, promote balance and boost relaxation. Just a few simple reflexology techniques used daily can be empowering, open pathways of communication and strengthen loving bonds. It is natural, nurturing and nourishing.

It would be really beneficial for you to incorporate the following techniques into your daily routine. Try to do these at least once a day, just a few minutes can really help. These can also be done as a routine as described below, or broken down individually into each reflex, to use in times of need.

### **Hand Reflexes:**





- 1) **Dotted line.** This is the diaphragm area which can help with our breathing, allowing us to feel steady and calm.

Start on the right hand, palm facing up. Use your thumb to gently trace a line from one side of the hand to the other and back again. Repeat this 3 times.

- 2) **Line with downward arrows.** This is the spinal reflex which can help to calm our nervous system, helping us to feel soothed and relaxed.

Start at the top of the thumb on the right hand. Use the other thumb to slowly trace a line in a downwards motion along the bony edge from the top of the thumb to the base of the hand. Repeat this 3 times.

- 3) **Grey dots.** This is the brain reflex which can help ease an overcrowded and busy mind.

Start at the top of the thumb on the right hand. Using your index finger make 3 gentle circular rotations over the area. Repeat this on the tip of every other finger on this hand.

- 4) **Grey swirl.** This is the solar plexus which can help regulate our worries and feelings of anxiousness we hold inside.

Starting on the right hand, take your thumb and lightly press inwards as you inhale for a count of 3. Hold the breath for 4 seconds and then release your thumb as you exhale for the count of 5. Repeat this 3 times.

**Repeat all of the above on the left hand.**

### **A little pocket of mindfulness:**

**Breathing star: (Good for moments of stress, where we need to hit pause for a few moments to regain clarity and peace)**

Imaging your hand is a big, shiny, star.

Start at the base of the thumb on your left hand, palm facing you.

Breathe in for a count of 3 as you trace a line from the base of the thumb to the top of the thumb. Pause as you hold your finger at the top for a count of 4 before breathing out for a count of 5 as you trace a line back down the other side of the thumb.

Repeat this along each finger on this hand, before moving to the other hand to do the same again.

This is a really calming exercise enabling us to hit pause, focusing our mind connecting to our breath. The tracing technique is calming on the nervous system and pausing at the top of the fingers on the brain reflexes helps to soothe a busy mind.



## **Supporting Information and Links:**

### **Breath Work**

The breath is a powerful resource in the fight against stress. It increases clarity of mind and adds a sense of peace to an otherwise difficult or stressful situation. It can also help to relieve pain and the following exercise can be applied any time, any place. Try some of the following exercises to support your breathing.

**Short breathing exercise for Anxiety:** <https://soundcloud.com/halsawellbeing/anxiety/s-xSH6iSftMu7>

**Short breathing exercise for finding Calm:** <https://soundcloud.com/halsawellbeing/finding-calm/s-Grem9UodqW>

### **Video of gentle stretches**

<https://www.dropbox.com/s/sljhurpbp3bz0hw/Stretches%20for%20home%20working.mp4?dl=0>

### **Relaxation Audios**

**Meditation:** <https://soundcloud.com/halsawellbeing/guided-meditation/s-ZqZMAg19kCl>

**Relaxation:** <https://soundcloud.com/user-293637622/5-minute-relaxation/s-8GNZb>

**Body Scan meditation:** <https://soundcloud.com/halsawellbeing/body-scan/s-ljAc3oHTpAs>