

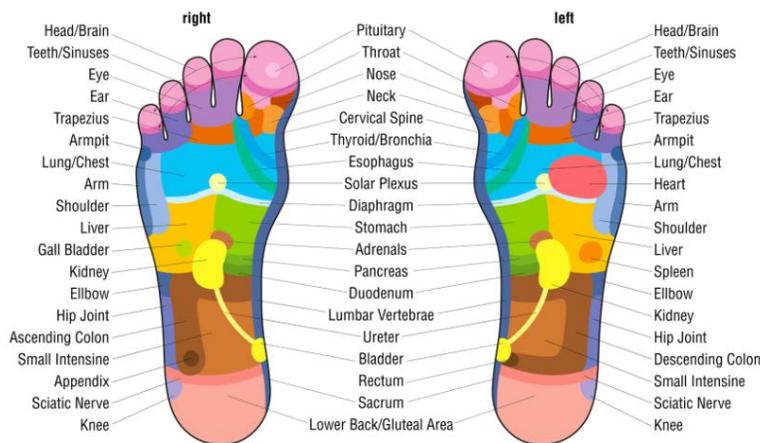
KNOW YOUR LIMITS

How to De-Stress Your Body

You don't always have to go to the spa or the massage therapist to relieve some stress or pain. There are basic ways to self-massage parts of your body that are cost-effective and safe.

Body Part	Instructions
Neck	With your head tilted back, place both fingers and palm on the base of your neck. Slowly roll your head forwards while applying pressure. Hold for 10 seconds and return back to neutral position.
Feet	Sitting down or standing, take off your shoes and place a golf or tennis ball underneath your feet. Slowly roll your foot forward and backwards.
Lower Back	Place a tennis ball against the wall or foam roller (horizontally) on the floor and place your body on it. Slowly move your body. Avoid rolling on your spine.

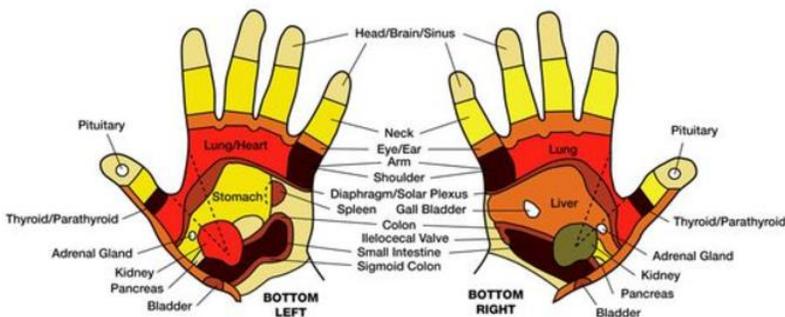
Foot Reflexology Chart



Reflexology

Reflexology theory believes there are specific points on our body that corresponds to specific organs and bones. When you put pressure on certain reflexology points, you may stimulate the nervous system to relieve energy blockages in your body. Massaging the spot can also relieve tension and stress, and it can increase blood circulation too. Reflexology helps to return the body to a harmonic state.

If you are having a headache, you can try massaging the fleshy area between your thumb and index finger, as well as the top of each finger (excluding the thumb). When you press on the fleshy area between your thumb and index finger, you press on the adrenal gland reflex which can help relieve headaches.



Source: www.livestrong.com