

# DISTRESS OR DE-STRESS?

## SELF-CARE THROUGH SELF-MASSAGE

You don't always have to go to the spa or the massage therapist to relieve stress or pain. There are safe and cost-effective ways to massage tense areas on your own. Be your own advocate and learn the self-care skills you need to feel your best.

### EASY SELF-MASSAGE TECHNIQUES TO RELIEVE STRESS

**Staring at a computer all day?**



With your head tilted back, place fingers and palm on the base of your neck. Slowly roll your head forwards while applying pressure. Hold for 10 seconds and return to a neutral position.

**On your feet too much?**



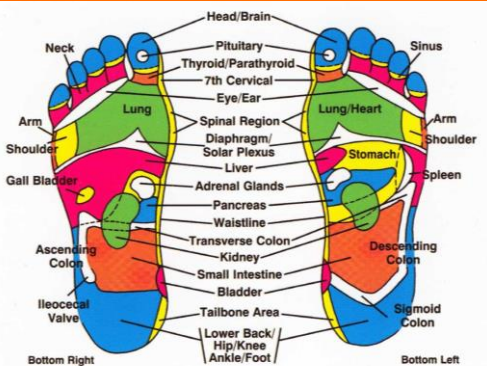
Sitting down or standing, take off your shoes and place a golf or tennis ball underneath your foot. Slowly roll your foot forward and backward.

**Poor posture or uncomfortable chair?**

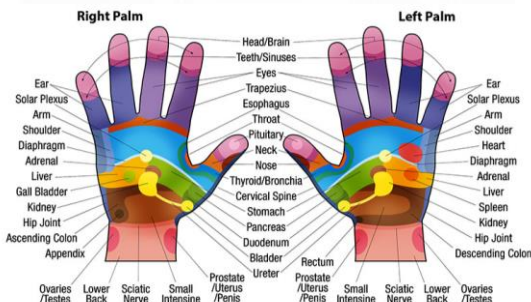


Place a tennis ball against the wall and lean your body onto it. You can also use a foam roller on the floor. Move so the ball or roller gently massages your back. Avoid rolling on your spine.

### GET TO THE POINT!



Reflexology theory believes there are specific points on our body that correspond 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 can increase blood circulation too. Reflexology helps to return the body to a harmonic state. Go through the feet or the hands!



If you have 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](http://www.livestrong.com)