

# Shiatsu For Stress Reduction & Increased Energy

The Japanese form of bodywork known as Shiatsu is a method of using pressure to relieve stress and discomfort. It is especially applicable to working on yourself and can be practiced anywhere. Try these moves. If you like only a few, or even just one, try practicing those techniques two or three times a day. Use your thumbs, fingers, or knuckles as directed.

**Note:** If any of these moves cause pain, discontinue them.

1. Holding one foot, press your thumbs into the center of the ball of your foot. Then rub your knuckles vigorously across the sole. Repeat on the other side.

2. Using the knuckles of each hand, reach around your back and slide up and down each side of the spine, from as high as you can reach down to the low back.

3. Intertwine your fingers on the back of your neck and bring your elbows forward. Squeeze your palms toward one another, but don't pull the neck forward. Squeeze 5 times or more.

4. Rub your hands vigorously and then rub the palms briskly on your cheeks, up and down. Then briskly rub the sides of your nose.

5. Beginning at the center of the area above the upper lip, use the pad of your thumbs or fingers to press and release every one-half inch until you reach the corner of the lips. Repeat on the area below the lips.

6. For anxiety, use your fingertips or knuckles to drum lightly across the entire skull.

7. For mental clarity, stick your index fingers in your ears. Twist them back and forth, applying a slight pressure.

8. For vitality, squeeze one arm with your fingers. Move up and down the entire arm and repeat on the other side.

