

STRESS RELIEF EXERCISES

JIN SHIN JYUTSU® ENERGY FLOWS

PRACTICE THESE FOR IMMEDIATE RELIEF AND THROUGHOUT THE DAY.
EVEN 1 MINUTE CAN BE EFFECTIVE IN REDUCING THE EFFECTS OF STRESS.

A simple way to harmonize mental stress is to **BREATHE** and circulate your internal energy. Sit, stand or lie down. Place your right hand on your chest and your left hand below your belly button. Invite the breath into and out of your belly (abdomen), allowing for greater expansion of your lower lungs while no effort or movement is required of your chest. Practice abdominal breathing for mental relaxation and as a basis for the following exercises.



Fig 1. Hold left and right thumbs individually.

Hold the Thumbs (Fig.1), left thumb then right (or vice versa) **until you feel a pulse in each (or hold for 2 minutes if pulse is not detected)**. To maximize the result, exhale, drop your shoulders, smile and naturally inhale as you hold each thumb. No strain is necessary. Many people do multiples of 9 exhalations and inhalations, up to 36 times per thumb. You can use this breathing practice with each of the energy flows pictured here.

Fig 2. Hold right upper arm with left hand and the left thigh with the right hand. Reverse hands for other side.

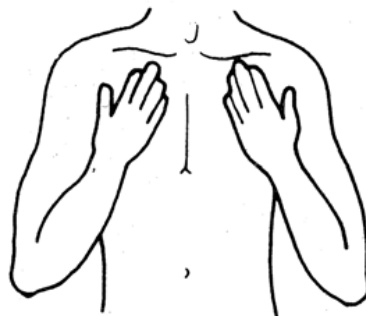


Fig 5. Hold centers of right and left collarbones.

Fig 3. Cross hands and hold your left and right thighs.



Fig 4. Cup hands over eyes (covering dots on the forehead) until you feel pulses on both sides.

