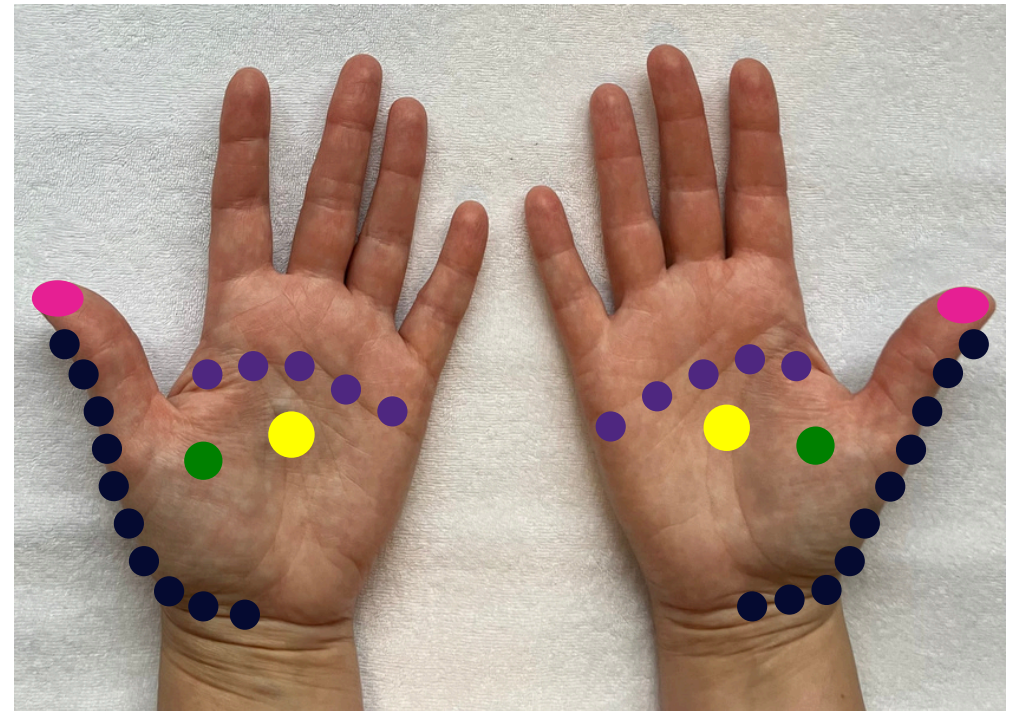


Mood boosting hand reflexology



by Sarah Forster

Work one hand at a time, with or without cream, using the other hand to work the reflexes. Then swap hands.



- Use your thumb to push across the purple dotted line (diaphragm line) focusing on your breath.
- Use your thumb to make slow circular movements in the centre of your hand (solar plexus reflex) and take 3 deep breaths to ease anxiety.
- Use your thumb to gently press and rotate over the green circle in the soft area between thumb and first finger (adrenal reflex). Go gently as this can be tender if you're very stressed.
- Use your thumb to push firmly along the navy blue dots (spinal reflex) to soothe your nervous system.
- Use your thumb to rub over the pink area (head/brain reflex) to calm a busy mind and boost your feel-good hormones.