

Relaxation Self-Massage Exercises

Body Stretches

1. Head

Rub the top and sides of your head with both hands, using your thumb and fingers pay attention to pressure points just below the occipital ridge, at the base of your skull in the back.

2. Ear

Massage the outer portion of each ear from the top of the ear down to the lobe.

3. Forehead/Temples

Starting from the center of your forehead, firmly press your fingers along the brow-line, slowly drawing your fingers outward toward your temples. Gently massage your temples using small, circling strokes.

4. Nose/Breathing

Rub the bridge of your nose with each index finger; slowly move each finger downward to the center of your cheek - take in a deep breath as you press into each cheek (pressure point for breathing). Hold for a few seconds before you release pressure and exhale.

5. Lower Jaw

Use your thumbs and index fingers to trace along and beneath your lower jaw. Start in the middle of your chin, with thumbs and fingers slowly extending outward along the jaw bone until you reach the corners of your jaw, right under the ears.

6. Chest

Massage along chest area below the collar bone.

7. Wrists – Hands

Make small circles with your wrists; take one hand and massage the other all the way to the finger tips. Shake wrists and hands, then let them go limp.

8. Legs

Sitting on the front edge of your chair with your feet on the ground, lift your heels from the floor while keeping your toes on the ground and bounce your leg 40 – 50 times.

Office Stretches

9. Neck Rolls

Drop your head forward until your chin touches your chest. Slowly rotate your head and neck in a clockwise direction until your head returns to its original position. Repeat in a counter - clockwise direction.

10. Shoulder Pinch

Take a deep breath; pull shoulders upwards toward your ears. Hold your breath and keep your shoulders tensed for a few seconds before exhaling and relaxing.

11. Shoulder Circles

Circle shoulders up, backward, down and forward. Then reverse direction.

12. Arm Reach

With both arms extended above your head, stretch both arms up, toward the ceiling.

13. Chest Stretch

Sit up straight against chair back. Place your hands behind your head. Lean slightly backwards, stretching and opening up our chest area.

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