

# Relax and Restore Exercise Packet

## ATLANTIC INTEGRATIVE MEDICINE

### Deep Abdominal Breathing

1. Find a comfortable position
2. Close your eyes
3. Focus on your breath
4. As you breath in allow your abdominal muscles to rise.
5. As you breathe out let the abdominal muscles fall.
6. Now as you breathe in count 1-2-3-4
7. And as you exhale 5-6-7-8.

### Mantra Breathing

1. Close your eyes
2. Focus on your breath
3. Continue abdominal breathing
4. Repeat the word "Peace" on the in breath
5. and then "Calm" on the out breath
6. Repeat 5 Times

### 36 Breaths

A breathing practice that comes from Jin Shin Jyutsu a hands-on technique used to create relaxation and restore the energy system of the body.

1. Cross your arms across your body and place your hands under your arms
2. On the inhale feel or imagine the breath travel up your back
3. On the exhale release your breath and feel or imagine the breath traveling down the front of your body
4. Repeat this journey 36 times – each cycle counts as 1

### Script for Progressive Muscle Relaxation

- Close your eyes and sit back in your chair or if you are doing this at home, lie down and close your eyes.
- Now take a deep breath and relax. Begin by focusing on your breathe as it moves in and out.
- Now move your attention to your feet. Sense their weight and where they are. Consciously relax them and take a deep breath. Feel your feet let go and relax.
- Now focus on your knees. Take a breath and release any tension that you might feel. Consciously will them to relax.
- Now focus on your abdomen and chest. Sense your breathing. Now allow your breathing to slow down slightly. Feel your abdomen and chest let go of anything that you might be holding here and allow it to relax.
- Now move you attention to your hips and thighs. Sense their weight. Consciously ask them to relax and let go. Now breathe in deeply.
- Now move your awareness to your hands and arms. Sense their weight and ask them to let go of any tension you might be holding here. Take a breath and allow them to relax.
- Now focus on your neck, your skull and your head. Sense their weight and any tension or stress that you might be holding here. Ask the stress to release and let go while taking a deep breath.
- Now notice your eyes and the area behind your eyes. Consciously ask these areas to relax as you take a deep breath. Feel the tension slide off and melt away.
- Now mentally scan your body and look for any place that is still tense. Take a deep breath and release any tension that might be there.

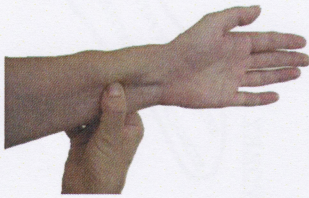
## Heart Meditation

1. Place your hand over your heart
2. Sense your heart within your chest
3. Activate a positive emotion by thinking
4. of a person or pet that is easy to love and
5. for whom you feel gratitude
6. Think of a time when you felt loved by this person or pet.
7. Take a slow deep abdominal breath as you feel the positive emotion open your heart.
8. Continue breathing with this loving feeling in your heart.

# Acupressure Points for Stress & Anxiety

Acupuncture, part of Traditional Chinese Medicine, has a 2,000 year old history of successfully treating many conditions, including pain, stress and anxiety. The points below may be helpful in calming anxiety and reducing stress.

Massage the points with moderate pressure while taking deep, abdominal breaths. Each point may be massaged for five minutes or more.



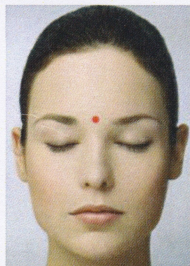
## NEIGUAN:

On inside of wrist, two finger widths from bottom of hand in the center of the wrist



## LAOGONG:

Center of palm



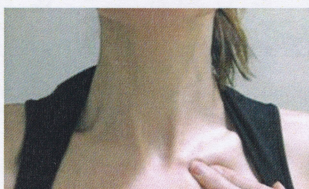
## YIN TANG:

Between eyebrows



## YONGQUAN:

Center of the sole of the foot



## SHENMEN:

Just below inner edge of collarbone



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# Harmonizing the Attitudes through the Fingers and Hand



**CENTER of PALM:**  
Corresponds with imbalance and despondency. Physical symptoms may occur in the diaphragm and umbilicus organ functions in balance. One feels a sense of profound peace.



**THUMB:**  
Corresponds to worrying, depression and anxiety. Physical symptoms include stomach aches, headaches, skin problems and nervousness. In balance, one feels a sense of security.



**INDEX FINGER:**  
Corresponds to fear, mental confusion and frustration. Physical symptoms include digestive problems and muscle problems like backache. In balance, freedom from fear is restored.



**MIDDLE FINGER:**  
Corresponds with anger, irritability, and indecisiveness. Physical symptoms are eye or vision problems, fatigue and circulation problems. In balance, one increases the capacity for compassion.



**RING FINGER:**  
Corresponds with sadness, fear of rejection, negativity and grief. Physical symptoms are digestive, breathing or serious skin problems. In balance, one is able to release the "old" and become receptive to the new.

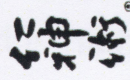


**LITTLE FINGER:**  
Corresponds with overdoing it, insecurity, effort and nervousness. Physical symptoms are bone or nerve problems, heart or small intestine dysfunction and sore throat. In balance, one receives intuitive inspiration.

## How-To Techniques

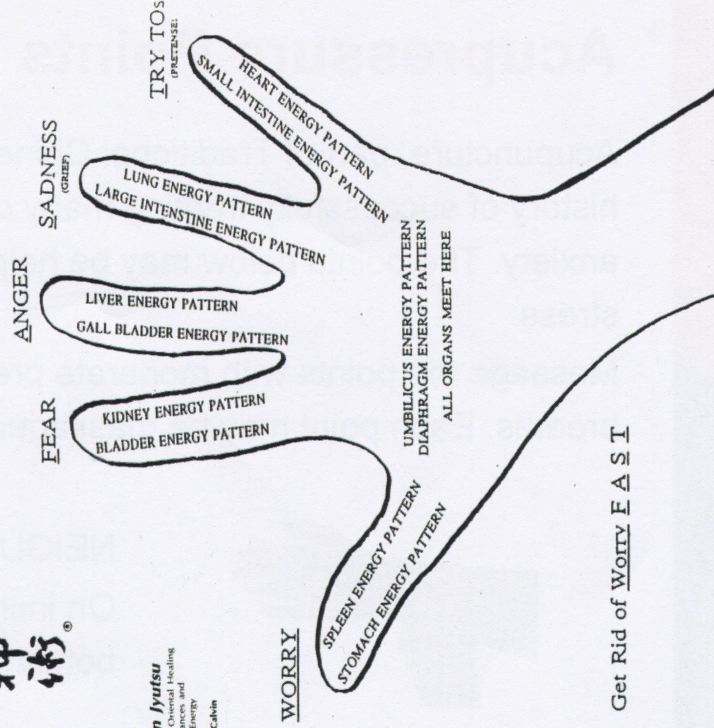
- Relax... or if you're unable to relax, just be as you are.
- Sit, stand or lie down – whatever is most comfortable and convenient
- Simply apply your hands for a few minutes at a time to each step or until you can feel an even, rhythmic pulse
- Just hold each finger, there's not need to rub or squeeze
- Any time of day is fine. A daily application will accomplish results.

**Hold each finger individually.**  
**Take one complete exhale, then inhale.**  
**After doing all ten fingers, hold palms together and take 20 additional breaths to balance energy flow.**



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