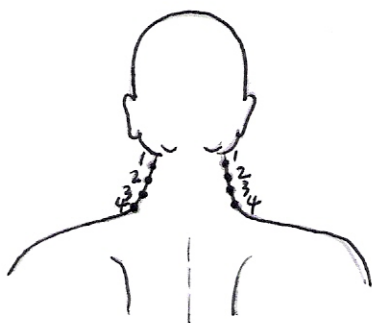


# SELF-SHIATSU FOR STRESS RELIEF

Stress can affect not only our short-term health and well being, but can be a factor in many serious medical conditions. We all experience stress; it is how we manage it that determines how great an impact it will have on our lives and on our health.

Shiatsu is a Japanese massage based on the comfortable application of pressure to specific points on the body. Self-shiatsu is a simple and effective tool for decreasing stress and maintaining health.

Below are some easy shiatsu sequences that you can use daily to help you to decrease stress and tension and keep you feeling good. Use the pads of your fingers or thumbs to apply gentle pressure to each point. Hold for 5-10 seconds.

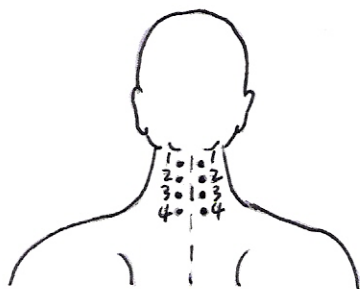
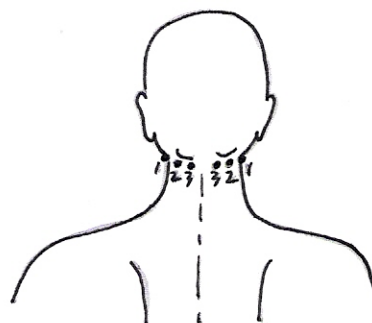


## ← Lateral Cervical

- 4 points along the side of the neck
- apply pressure to both sides at once; repeat three times

## Sub-Occipital →

- 3 points below base of skull
- technique as above

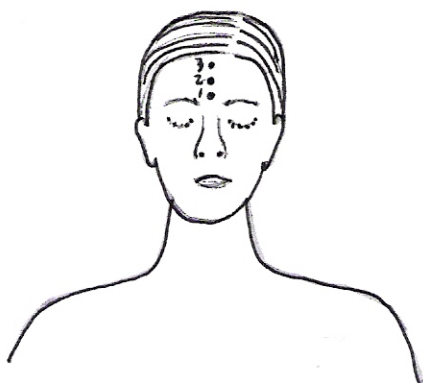
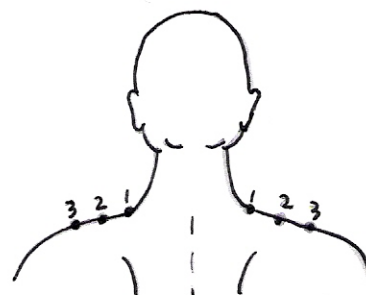


## ← Posterior Cervical

- 4 points along back of neck on either side of spine
- apply pressure to both sides at once; repeat three times

## Supra-Scapular →

- 3 points along top of shoulder
- do left side, repeat, then right

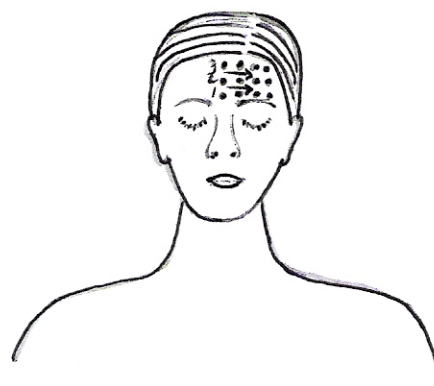


## ← Middle of Forehead

- 3 points along centre of forehead from bottom to top; repeat 3 times

## Forehead →

- 3 rows of 4 points on each side of forehead, from bottom to top
- do left side, repeat, then right



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# SHIATSU MASSAGE FOR A COMPANION

Those with Alzheimer's disease or related dementia (ADRD) can benefit from a shiatsu massage. It can alleviate stress, decrease agitated behaviour in late stages of ADRD and can provide you with a meaningful way to connect and interact. Try this short massage sequence below with your companion.

Remember: ask their permission; place your hand on their arm to give them a non-verbal cue to what you are asking; stand or sit in front or to one side so that they can see you; use gentle pressure; stop if they tell you to; watch their body language and facial expressions – stop if they appear uncomfortable and try again another time.

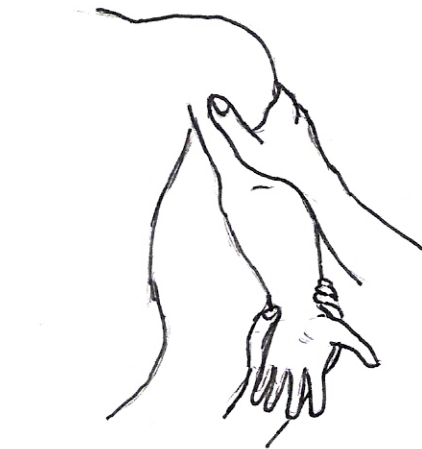
»»  
**Top of Shoulder**  
 using the palm of your hand apply gentle pressure along the top of the shoulder to 3 points  
 begin close to the base of neck and work towards the shoulder joint; repeat



**Hands**  
 with your palms on the tops of their hand and fingers on their palms apply gentle pressure; repeat



»»  
**Upper Arm**  
 support their lower arm with one hand; using other hand apply gentle pressure to upper arm  
 work from shoulder to elbow apply pressure for 5 seconds at 6 points along upper arm; repeat



**Fingers**  
 wrap your fingers around each of their fingers and gently squeeze next gently stroke each finger



»»  
**Forearm**  
 support their arm at the wrist; using other hand apply gentle pressure to lower arm  
 work from elbow to wrist apply pressure for 5 seconds at 6 points along lower arm; repeat

