

# Being in Touch

## PAIN RELIEF AT YOUR FINGERTIPS



### The ABC's of Compassionate Self-Care

#### Awareness & Attitude

What are you aware of in this moment?  
How might you describe your attitude?

#### Breath & Body

What do you notice about your breathing?  
Is any body part "talking" to you?

#### Choice & Care

How might you choose to relieve tension?  
In what ways might you care?

Bring these ABC's to your practice!

## Ancient traditions meet modern science

Touch is an intuitive way we use our hands to provide comfort and offer relief.

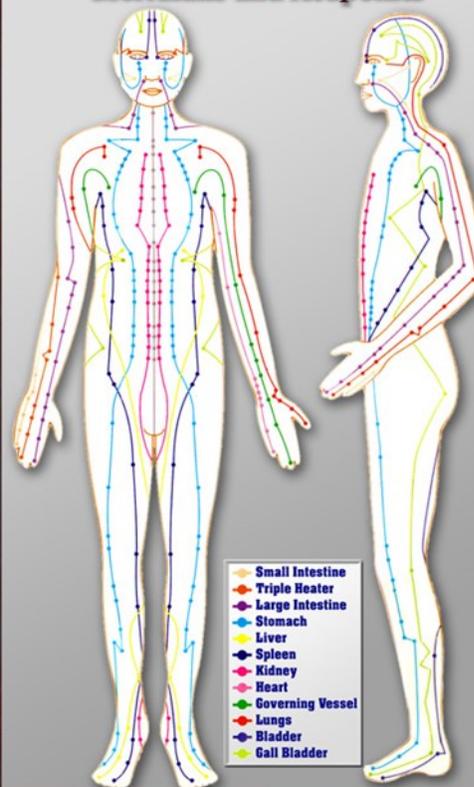
For thousands of years, in Asian healing traditions, specific points known as **acu-points** were stimulated to address physical, mental and emotional distress. These points are located on lines known as **meridians**.

**Acupressure:** the art and science of applying finger pressure to specific acupoints to restore balance and wellbeing within the body, mind, and spirit.

**Jin Shin Jyustu®:** a Japanese healing art utilizing finger holds and acupressure points. Emphasis is upon mindful breathing and compassionate awareness and self-care.

Studies have shown acupressure, along with conscious breathing techniques can relieve pain, reduce anxiety and so much more.

### Meridians and Acupoints



# Acupressure Points For Pain, Stress & Anxiety Relief

## Acupressure Hand Massage

Flex both hands. Notice degree of flexibility.

Use thumb and index finger to gently squeeze down the side of each finger from palm to tip at least 3 times. Then gently rotate each finger.

Massage the webs between the fingers. Use your thumb to massage the palm.

After first hand is done. Flex and compare to the hand which has not been massaged. Notice a difference? Repeat with other hand.



## Jin Shin Jyutsu® Finger holds

Hold any finger on either hand in a way that is comfortable for you. Exhale deeply and slowly by mouth at least three times. Drop your shoulders as you exhale. For extra benefit, go for 5 exhalations and smile as you exhale.

LI 4

PC 6

HT 7



Used to relieve tension and pain in head, face, and neck.

Located on the highest spot when the thumb and index fingers are brought close together.

Press with firm pressure as you exhale. Release. Repeat. Continue for several minutes.

Contraindicated if pregnant.

Used to calm anxiety, relieve tension and stress.

Find point where middle fingertip touches the center of the palm. Place thumb of one hand in the center of the other palm.

Slowly exert light pressure as you exhale. Can also massage in a circular motion. Continue for 1-3 minutes.

Used for anxiety, worry, stress and insomnia.

In the hollow underneath the wrist bone. Press this point steadily with long, slow exhalations. Release. Repeat.

Drop your shoulders as you exhale. On the inhalation, relax your jaw and lift the corners of your mouth.

# Resources for Further Exploration

Brink, Alexis. **The Art of Jin Shin.**

Burmeister, Alice. **The Touch of Healing: Energizing the Body, Mind, & Spirit with the Art of Jin Shin Jyutsu®.**

Gach, Michael. **Acupressure's Potent Points.**

Gach, Michael & Henning, Beth. **Acupressure for Emotional Healing.**

Riegger-Krause, Waltraud. **Health Is in Your Hands: Jin Shin Jyutsu-Practicing the Art of Self-Healing.**

## Catherine Cerulli, M.Ed.



I encourage you to be in touch with yourself, literally and figuratively, as you use the ABCs of compassionate care to create a foundation for relieving pain.

Be curious. Notice which of these acupressure techniques give you the most relief depending upon the day's circumstances. What you discover may change day to day.

Above all, continue to deeply exhale, drop your shoulders, and smile as you increase your ability to manage pain and anxiety.

[www.catherinecerulli.com](http://www.catherinecerulli.com)

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For more information about the wealth of resources, funded by by Florida Blue Foundation and the Florida Medical Malpractice Joint Underwriting Association, and provided by PAMI:

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