

WELLNESS REVIEW (OPTIONAL)

Where have we been and where are we going?

In the last 8 weeks together, we have learned a lot about the mind- body- spirit connection and how this contributes to your wellness. Today we will review what we have learned and where to go from here.





Together, we have learned about:

- *Stress*- its effect on the body, mind, and emotions.
- *Insomnia*- what it is and strategies for developing healthy sleeping patterns
- The importance of *vitamins and minerals* and how they affect health
- *Yoga* postures to improve flexibility, manage stress, and decrease pain
- *Inflammation* in the body and lifestyle strategies that can help decrease this
- *Pain*- what it is and different approaches to treating it
- *Acupressure* points to reduce pain
- *Depression*- what it is and different approaches to treating it
- *Mindful eating*- the importance of being in the moment with your food
- *Glycemic Index of foods*- what it is and why it matters for our health
- *Self-massage*- its benefits as well as techniques to practice at home

What some things that you have found most helpful about this group?

1. _____
2. _____
3. _____
4. _____
5. _____

What are 5 things that you want to incorporate into your life?

1. _____
2. _____
3. _____
4. _____
5. _____

If you could pass one thing on to someone you love, what would it be?

TIPS FOR CONTINUED HEALTH AND WELL-BEING (OPTIONAL)

1. **Breathe.** When you feel tense, take ten slow, deep breaths in through your nose, out through your mouth.
2. **Spend time with your friends and family.** Share the good stuff.
3. **Stay hydrated.** Aim to drink at least eight glasses of water a day.
4. **Smile** at people that you pass on the street.
5. **Be ok with saying no.** Allow yourself to say no to some requests and Channel your energy into positive opportunities.
6. **Laugh.** See the humor in life and have fun.
7. **Communicate.** Be honest with yourself and others. Ask for what you want. Express your true feelings as they occur.
8. **Eat healthy, nourishing foods for the body, mind and spirit.** Be mindful while eating. Notice feelings and thoughts that arise.
9. **Carve out time in your day to center yourself.** Relax, sit, breathe deeply and quiet your mind.
10. **Make a gratitude list.** Write down three things that are both new and good for which you feel thankful.
11. **Take a bubble bath.** Try scented oils or soaps for aromatherapy.
12. **Clean it up.** Recycle old junk and papers. Cleaning your physical space can help create more emotional and mental space.
13. **Unplug!** At the end of the day, instead of watching TV, surfing the internet or using a phone, take time to reflect on the day and what needs to get done for the next day.
14. **Express and receive love as often as possible** for yourself and others.

15. **Don't be afraid to cry.** Crying is nature's way of releasing toxins from the body, releasing stress, or expressing joy.
16. **Move more.** Walk, stretch, move about. Staying physically active keeps you mentally fit, calm, and at peace.
17. **Be intentional** with your language.
18. **Build community.** Take time in your week to participate in groups or communities that are special to you.
19. **Find a creative outlet and feel good.**
20. **Be forgiving with yourself** and others. Withholding love does not nurture relationships.
21. ***Add your own wellness tips below!***



INTRODUCTION TO SELF-CARE MASSAGE

Massage therapy is a science that has been practiced for over 5,000 years. By applying hand pressure to the muscles, massage therapy relaxes and heals muscles, increases circulation, and allows the mind to become relaxed.

Self-care massage is where you give yourself a massage treatment, while fully clothed, and sitting in a chair to care for sore, achy muscles and to relax. Options are to use lotion or massage oil on arms and hands, unscented for those with sensitivities to scented products.

Enjoy taking care of yourself with these massage techniques and feel free to try them with a friend or family member.

TECHNIQUES FOR SELF-CARE MASSAGE:

Hand massage

1. Begin with massage to the hands- gently rubbing the hands together, to create warmth. Close both hands making a fist, then open them and spread your fingers out like a fan. Repeat a few times making a fist with both hands closed, then open both hands and fan your fingers out.
2. Gently massage one hand, the “receiving” hand, starting on the top of the hand, applying pressure that is comfortable for you. Turn your hand over and massage the palm, pressing into each area, the pads or heel of the hand, the middle and upper palm.
3. Now gently grasp and squeeze each finger, one at a time. Practice mindful breathing as you give your hand a massage, being aware of what you feel and notice as you massage your hand.
4. Now switch hands, and repeat this massage to the “massaging/giving hand.”

Optional: Finish the hand massage by rolling a tennis ball between your hands, clockwise and then counterclockwise.

6. Shake your hands, like after washing them and shaking water off. Rest for a moment. Notice how your hands feel.



Wrist and arm massage

1. Rotate your wrists clockwise and counterclockwise and massage them.
2. Massage your forearm, lower arm, from the wrists to the elbow, gently squeezing each area from wrist to elbow. Continue to the upper arm, gently massage and knead the bicep, the large muscle on top of your upper arm, and the triceps, the muscles beneath your upper arm.
3. Grasp your shoulder muscle and massage, kneading it like bread dough. Then grasp the top of your shoulder, the trapezius, and gently massage, kneading it like bread dough.
4. Repeat on the opposite, "giving" side, beginning with the forearm and moving up the arm.
5. Notice how your arms and shoulders feel now.

Optional:

- Use tennis balls to massage these areas. Hold a tennis ball in the giving hand and roll it over your arms and shoulders. Place the tennis ball in a sock and tie a knot in the sock for more pressure.
- Try using fists, palms, or knuckles instead of fingers alone to massage.



Image credit: www.life123.com

Neck and back massage

1. Knead the back of the neck gently. Form a letter "C" with your "giving" hand and massage the neck. Notice any tension present.
2. Using two tennis balls tied inside a sock, place these on your back, on the large muscles, **not on the spine.**
3. You may sit in a chair with the balls between your back and the chair, or stand against a wall, with the balls between your back and the wall. Move your body from side to side, and up and down, so the balls are giving your back a massage. Or, simply stand or sit still with the balls still and against your back.
4. Notice how you feel.

Leg and foot massage

1. Place a paper towel on the floor and put a tennis ball on the paper.
2. Place one foot on top of a ball and roll your foot over it, massaging your foot. Repeat on your other foot. You can try this with golf balls inside a sock too, if your foot can take the firm, deeper pressure.
3. Hold a tennis ball in hand and massage your legs, thighs, hips, low back and buttocks if you have sciatic pain.
4. Notice how you feel.

Image credit: www.pacificcollegeblog.com



Scalp massage

1. Gently massage the scalp, with fingertips, moving to the temples in front of the ears, the forehead, eyebrows, around the eyes, the cheeks, and jaw.
2. Gently yawn, stretching the mouth open, then make a frowning face, closing eyes, closing the mouth, and tightening the face.
3. Hold a moment, and then open the eyes wide. Breathe in deeply, breath out. Relax.



Image credit: massagetherapy.careerpathblog.com

DISCLOSURE: Always notice areas that are tender to the touch, and stop or **avoid** massaging these areas. Notice if swelling is present and avoid massage there. And **never** massage an area with a bruise or open sore or wound, this could cause more damage to the injured area. If the massage causes any irritation, or increases pain or symptoms already present, then stop.