

De-Stress with these Relaxation Exercises

ALTERNATE NOSTRIL BREATHING:

Thumb on one nostril – 2nd & 3rd fingers straight to be used for the other nostril.

Close first nostril with thumb & breathe in using other nostril. Cover other nostril with 2nd & 3rd fingers and exhale from uncovered nostril. Now breathe in from same nostril and exhale from opposite nostril.

Continue...

THE THREE THUMPS: (from Donna Eden's *Energy Medicine*)

- Cross your hands over each other and tap on both K-27 (**collarbone spot**) points. Breathe deeply for approximately 20 seconds.
- Tap your **thymus gland** with both hands. Breathe deeply for 20 seconds.
- Move your hands to the neurolymphatic spots on your spleen meridian (**tender spot just under breasts**). Tap both sides and breathe deeply for approximately 20 seconds.

COOK'S HOOK-UP: (Good for addictions)

- Place your left ankle over your right one.
- Place the backs of your palms together, right palm over left.
- Turn your hands over, clasp together, and twist them toward your chest.
- Place tongue on “centering button” 1/4 inch behind front teeth.
- Breathe in and out calmly for 2 minutes.

TAP IN YOUR POSITIVE EMOTIONS: (Sends feeling through nervous system)

- Concentrate on a memory of feeling happy, confident, strong, etc.
- Tap on the **Third Eye Point**, between eyebrows, thinking the positive thought.
- Tap for approximately 1 minute.