

# Mindfulness hand massage technique

This simple hand massage technique is designed to help relief stress and anxiety.

All you will need is hand cream or any cream/oil that suits you. You could also try this technique with just your bare hands.

If possible, try and pick a hand cream that is scented. To get the most out of this experience, smells (such as lavender) help to regulate the nervous system, leading to an increased feeling of relaxation.

**Try it yourself! See the step-by-step guidance below.**

## Step 1

Use your thumb on your right hand to apply pressure in the middle of your left palm pressing that area down for around 30-60 seconds. You can also use an upwards stroke movement to.

## Step 2

Pull all your 4 fingers of your right hand stretching them out and release then after around 5-10 seconds.

## Step 3

**Remember at this point, you can also pause and inhale the scent of your cream from your hands (works best with your eyes closed)**

Stroke the inside of your entire palm with your right thumb for around 30-60 seconds, using circular motions.

## Step 4

Finally, flip your hand and using circular motions massage the top of your hand including your wrist for around 30-60 seconds.

**Switch hands and repeat**

**Perform this exercise as many times as you wish throughout the day.**