

HAND MASSAGE

- Our fingers are constantly moving (i.e. writing, typing, fidgeting, etc.)
- Our fingers rarely get a chance to rest and stretch
- This finger massage is great after a long day of note taking or after an exam!

Step 1: Stretch out your fingers

- Place thumb at the tip of your pinkie finger – push it back until you feel a comfortable stretch
- Repeat with other fingers

Step 2: Gently shake your fingers

- Take your pinkie finger and begin to loosen it up by gently shaking it
- Rotate your finger clockwise for a few moments, then counter clockwise
- Repeat with other fingers

Step 3: Gently tug your fingers

- Make a loose fist around your thumb
- Tighten your fist and gently tug your finger to loosen and lengthen it
- Repeat with other fingers

Step 4: Squeeze your fingers

- Place your thumb and finger on either side of your thumb's nail bed
- Gently squeeze to stimulate the flow of energy in the body
- Repeat with other fingers

Step 5: Shake your hands out

- Gently shake out your hands to see how your fingers feel
- They should feel lighter and perhaps even tingly