

# Massage Your Hands

- Massaging your hands can relieve stress
- During this time washing our hands might reminds us of the world around us and bring on thoughts of stress and anxiety.
- Massaging your hands is a self-soothing method. Focus your mind only on your hands, focus on the smell of the cream or lotion this can help balance our minds.
- If worries come to mind imagine you are pushing them out as you massage each finger.

## Close Your Eyes and Look Inwards

- To find a little bit of calm, closing your eyes will stop all the incoming messages around you.
- Focus your mind on your breathing and sit still for at least 30 seconds.
  - This will allow you to step away from your own emotions.
- Close your eyes and focus on what you can hear and what you can smell around you.
- Your hearing will become more acute. Make a list in your mind on what noises you can hear around you.