

COMPLEMENTARY ALTERNATIVE TECHNIQUES

RELAXATION:

Breathe in what gives you the most joy- be it person, animal, place, and/or thing

Blow bubbles - place your troubles on the bubble and watch them blow away

Abdominal Breathing- Hands on abdomen, Hands go in breathing out, now breathe in just moving hands out. Can also practice with book on abdomen while lying down.

4-7-8 breathing:

inhale for count of 4, hold for 7, exhale for 8

Square breathing breathe in for count of 4, hold for 4, exhale for 4, hold for 4

Progressive Muscle relaxation - start with toes and work to head, squeeze tight and relax each group-feet, legs, buttocks, stomach, arms, face.

Acupressure point- inside of wrist, pinky side and inside crease at elbow- (valium points)

CHAKRA MEDITATION

1. Breathe in the color **RED** from the soles of your feet all the way up to your hips. Circle it around.
2. Then, send the color up your spine and out the top of your head to cascade down all over your body.
3. Breathe in the color **ORANGE** from the soles of your feet all the way up to your belly button and circle it around.
4. Repeat #2

5. Breathe in the color **YELLOW** from the soles of your feet all the way up to your abdomen and circle it all around.

6. Repeat #2

7. Breathe in the color **GREEN** from the soles of your feet all the way up to your heart and circle it all around.

8. Repeat #2

9. Breathe in the color **SKY BLUE** from the soles of your feet all the way up to your throat and circle it all around.

10. Repeat #2

11. Breathe in the color **NAVY BLUE** from the soles of your feet all the way up to your brow and circle it all around.

12. Repeat #2

13. Breathe in the color **PURPLE** from the soles of your feet all the way up to the top of your head and circle it all around.

14. Repeat #2

15. Now, breathe in all the colors from the soles of your feet all the way up your spine and out the top of your head cascading down around you.

16. Take a few breaths and come back refreshed

Spiral Chakra Connection - hand on heart, breathe in green, then to stomach, breathe in yellow, to throat breathe, in sky blue, to naval, breathe in orange, to brow, breathe in dark sapphire blue, to over pubic bone, breathe in red, to top of head, breathe in purple

Repeat a Mantram -word of your choosing peace, ohm (separate class)

RELAXATION EXERCISE

(or to help you sleep at night)

1. Thumbs down. Cross left hand over right, palms together, fingers interlaced. You can rest your hands down or turn them up on your chest.
2. Cross left foot over right.
3. Can choose to close your eyes.
4. Breathe in with tongue on the roof of your mouth.
5. Then breathe out with tongue dropped.
6. Repeat 9x.
7. If still awake, uncross hands and feet and then place fingertips together.
8. Take a few more breaths, then release.

Jin Shin Do – place left thumb inside fist made with right hand – take 3 breaths, then move to rest of fingers, one at a time, taking 3 breaths each time, and switch to placing right thumb into fist made with left hand

Pure essential oil – 2 drops on cotton ball. Place in sandwich size plastic bag with cotton ball inside your pillow case – use *Lavandula Angustifolia*

Tea – Sleepy time tea with Valerian or Yogi tea with passionflower. Can drink hot or cold

Acupressure points for:

Arthritis - finger webs

Headache - between thumb and forefinger
crease

Hot flashes/ or if cold - bend wrist dorsal, 1st crease
up 3 fingers

Nausea - inside wrist, supine, center 2
fingers up

Stress - inside wrist, supine, pinky side
And bend of elbow crease

Sinusitis - finger tips

Waking up your brain:

Smell Rosemary essential oil, or can put drop on back of neck

Tap between eyebrows

Center pulse on side of temples

Interlock hands, then whatever pinky is on outside, go inside.

pointing index fingers out, then thumbs up, then alternating one finger pointing, other
finger – thumbs up

Making circles in front of you crossing midline first one way, then the other, then with
both

Also play “pattycakes” – it widens your corpus callosum so that right brain & left brain
easy to talk with each other 😊

Playing games you like – word finder, sudoku, puzzles, etc.

Back Exercise: Hands on kidneys, Arch backwards; Do not go into pain;
Repeat X3 q lh
Imagine each vertebra taking breath and saying, Ahhhh
Towel rolled for lower back

Bolster Immune System:

Rub top of foot -from toe to ankle Rub
top of ears

Gentle Tarzan chest thumps X 9 Sing

Do, Re, Me, Fa, So, La, Ti, Do

Chant 00 as in root; 0 as in smoke; A as in

awe; 0 as in hop; E as in set; I as in infant; E as in beet

Chicken Soup (canned or homemade) add lots of garlic
and onions

CENTERING: identify a trigger- when phone rings or wash hands - can
center with a breath, an image, or a prayer

VISUALIZATION - color heart, red; color stomach, yellow; lungs, white; urinary
bladder, blue and liver, green. Chinese Medicine Healing Cycle

IMAGERY- fruit example

AROMATHERAPY - Lavender

MASSAGE - ears - reflexology

Therapeutic Touch - Center, Assess, Unruffle, Modulate and End
(Separate)

Tai Chi Chih for balance, energy, and relaxation (Separate class) & Yoga

Qi Gong for well being

1. Hands on kidneys*
2. Hands out, palms down, not touching*
3. Cross right wrist over left, palms down*
4. Turn wrists over, palms up*
5. Bring hands toward abdomen, turn top hand over palm facing palm
6. Move only top palm up and down towards chin*
7. Where you feel the most 'bounce' take middle finger
8. Stir one direction, then reverse direction*
9. Straighten finger and spin out till palms extended out and both facing down
10. Repeat steps 2-9, this time left wrist over right. Where ever there is an * take several breaths before moving on to next step.

EXERCISE to widen corpus callosum - patty cakes or juggle

MINDFULNESS: not why is this happening to me, but... why is this happening for me? Is my cup half empty or half full? horse story

NEED ENERGY: make fists and hit lateral side of both legs - measure 4 fingers below knees - ST 36 meridian point

Rocking Motion - Standing with feet, shoulder width apart(do not lock knees)3 parts: 1st- lift heels off the floor, then flat on the floor, then lift toes off the floor; 2nd- while lifting heels off the floor, raise hands palms up, fingers apart then, at chest, bring palms down making a figure 8 or infinity sign like scooping through fluffy puffy clouds; 3rd- while lifting heels off the floor, breathe in while placing

tongue on roof of mouth(upper palate, behind teeth), then when bringing palms down, drop tongue down, exhaling. Repeat 9X. Can do more if you need energy. Please do not do after 6Pm. It will keep you up(unless you want to clean your house all night long 😊)

Music - soothes the spirit

HUMOR - smile - one who laughs - lasts

if we laugh at ourselves, we'll always be amused

- Humor stimulates Laughter, the physiological response to humor
- Humor stimulates Mirth, the emotional response to humor
- Humor stimulates Wit, the cognitive response to humor
- What importance does humor play in your life?
- What makes you laugh?
- Who makes you laugh?
- What does the phrase "laughter is the best medicine" mean to you?
- What movie made you laugh?
- What is your favorite sitcom?

- What is it about that show/movie that makes you laugh?
- What kind of jokes do you like?
- What types of humor offends you?
- Boost your immune system
- Get a mini aerobic workout
- Relieve stress & fear
- Take a mini mental vacation
- Feel more social
- Decrease our perception of pain
- Massage our muscles
- Elevate our mood
- Cause a lot of fun
- IgG increases with hearty laughter and remains elevated for 24 hours.
- IgA and IgM also increase and levels stay elevated into the next day.
- Mirthful laughter increases NK cell activity and increases the actual number of cells.
- Gamma interferon increases two-fold as subjects watch a humor video.
- How to get the recommended 100 laughs a day.
- Make an appointment to laugh each day with a friend or family

member.

- Visit a card store and read the cards. You don't even have to buy the one that makes you laugh out loud.

Mindfulness and the Art of Chocolate Eating!

This should take around 3-4 minutes.

Consider the wrapped chocolate -

Does the wrapper make a sound? What color is it? What does it say? Where did it come from?

Open the chocolate, slowly -

Do you feel a sense of anticipation, or an urge to immediately put the chocolate in your mouth? What physical sensations do you have? What emotions are you feeling? Just note them.

Look at the chocolate-

Consider its texture, color, weight...

Smell the chocolate - does the smell trigger any other senses? Where do you feel your sense of smell?

Place the chocolate in your mouth but DO NOT EAT!!

How does it feel as it melts?

Where in your mouth can you taste it?

What is the consistency?

What is happening with your mouth, teeth, tongue, lips as it melts? Move the chocolate around your mouth

Does the area of taste change?

Does the taste itself change?

What is happening to the chocolate?

How do you feel?

Swallow the chocolate, focusing on the sensation.

Is there a lingering taste?

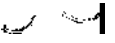
How do you feel physically and emotionally? Take a little while to consider the

How was this different from your general chocolate-eating experiences? More intense? Frustrating? More pleasurable?

Were you more aware of your emotions during the exercise?

Would this change your future experience of eating chocolate?

Why?



Rules of Chocolate:

1. If you've got melted chocolate all over your hands, you're eating it too slowly.
2. Chocolate covered raisins, cherries & strawberries all count as fruit, so eat as many as you want
3. The problem: How to get 2 pounds of chocolate home from the store in a hot car. The solution: Eat it in the parking lot.
4. Diet tip: Eat a chocolate bar before each meal. It'll take the edge off your appetite and you'll eat less.
5. If calories are an issue, store your chocolate on top of the fridge
Calories are afraid of height, and they will Jump out of the chocolate to protect themselves.
6. Chocolate has preservatives. Preservatives make you look younger.
7. Put "eat chocolate" on your list of things to do today. That way, at least you'll get one thing done.
8. A box of chocolates can provide your total daily intake of calories in one place. Isn't that handy?
9. If you don't eat all your chocolate, it will keep in the freezer.
But, if you can't eat all of your chocolate, what's wrong with you?