

## Self-Care for Bushfire Smoke Relief

### 1. Calm "Fight-Flight-Freeze" Response

#### a) Flush Stress Out (15 seconds)

Trace 1X with your hand from tip of ring finger by the outside corner of the nail, pass between the knuckles of the fourth and fifth fingers, on to the wrist, up the forearm between the two bones here to the tip of elbow, up the back of the arm to the shoulder, up the neck around the ear to the temple. Then, trace back in the opposite direction 3X, each time squeezing the edge of the ring finger. Repeat the process on the other side. Quick tip: trace simultaneously from temples up and around the back of the ears when you don't have time or are somewhere you can't trace the entire length; it looks like you are smoothing your hair over your ears.



**Benefits:** Removes excess stress from the body by calming Triple Warmer Meridian, the stress response mechanism.

#### b) Chill Out Smoothie (30 seconds or as long as needed)

1. Place your fingers over your closed eyes and breathe deeply in through the nose and out through the mouth.
2. Take another deep breath and slide your hands to the temples and exhale. Hold here for one more deep breath.
3. On another deep in-breath, slowly slide your fingers up and smooth them around the ears with some pressure.
4. On the out-breath, slide your fingers down and behind your ears, press them down the side of your neck and hang them on your shoulders pressing deeply here as you take a breath.
5. When you are ready, firmly drag your hands over the tops of your shoulders, and smooth them to the middle of your chest, with one arm resting on top of the other.
6. Hold here for several deep breaths.

**Benefits:** Calms the "fight-flight-freeze" response. It is beneficial to do before bed, as it calms the entire system.

#### c) Triple Warmer/Spleen Hug (about a minute or as long as needed)

1. Wrap your right arm around the left side of your body, underneath your breast and rest the palm on the side of the rib cage, fingers pointing up towards the armpit.
2. Wrap your left hand around your right arm, just above the outside of the elbow.
3. Hold this position for at least three deep breaths; breath in through the nose and out through the mouth.

Prioritise self-care!

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4. Do this same procedure on the other side of the body: wrapping left arm around the right side of the body underneath the breast and the right hand around the left arm just above the elbow.

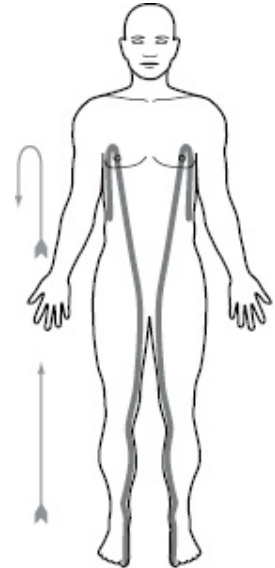
\*\*You might consider tapping with both hands all along the front of the rib cage and up the side to the arm pit and down the length of the rib cage before this hug exercise. This will stimulate energy and your immune system.

**Benefits:** A comforting position; use it anytime you are upset or need comfort.

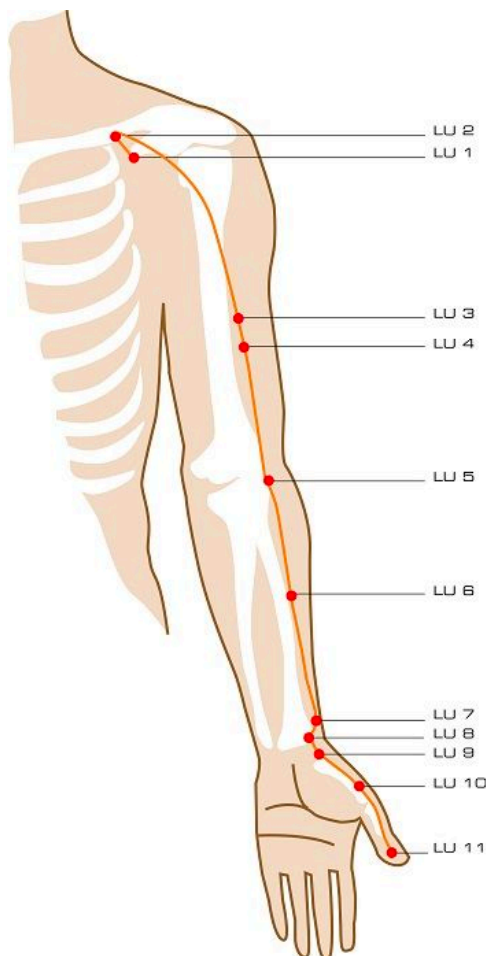
## 2. Nurture and Metabolise (15 seconds)

With flat palms, trace Spleen Meridian from the corner of the big toes up the inside of the feet, up the inside of the legs, straight up the stomach and the rib cage, to the armpits and down about a hand width or so and tap here. Trace 3X.

**Benefits:** Strengthens the Spleen meridian and organ to aid metabolism of not only food, but also thoughts, experiences and emotions to keep you healthy.



## 3. Breath Support



### a) Flush Lung Meridian (15 seconds)

Bring the open hand to the outside tip of the thumb at the corner of the nail and smoothly trace along the thumb, up the outside edge of the arm over the shoulder to a few centimetres below the collarbone; 1X. Then, trace in the opposite direction. Thump the top of your chest (left) underneath the collarbone with an open palm (right hand), trace over the front of the shoulder and then down the inside of the arm in line with the thumb. When you get to the thumb twist it, with your right thumb and index finger; 3X. Repeat the same procedure on the other side.

To end, bring the hands together behind you and interlace the fingers. Bend at the hips, bring your head towards the knees as you stretch the arms up to the sky. Hold here and breathe slowly and deeply. Gently release the posture.

\*The diagram indicates the path of the meridian. Use the whole palm and you will trace it correctly.

**Benefits:** Moves toxins out of the system, supports the lungs, throat and chest.

**c) Lung 1:** about an inch below the clavicle next to the shoulder (where it meets the body) at the top of the pectoral muscle. Cross hands over and massage the points simultaneously or hold for 2-3 minutes while breathing slowly and deeply.

**Benefits:** Relieves breathing difficulties such as asthma, coughing, wheezing, nasal congestion and throat congestion by opening up the chest.

**d) Lung 5:** bend your elbow and this point is located at the outer elbow crease on both arms. You can hold onto your elbows and massage or hold both points with your thumbs for 2-3 minutes while slowing down and deepening the breath.

**Benefits:** Relieves coughs, asthma, rapid pulse and troublesome breathing.

**e) Lung 9:** an indentation located on the thumb-side of the wrist line below the base of the hand. Massage or hold for 2-3 minutes while slowing down and deepening the breath. Do both of these points individually; it's tricky to try and do them together.

**Benefits:** Relieves coughing, wheezing, asthma and difficult breathing, dry throat and phlegm by strengthening the lungs.

\*\*\*\* The lung points outlined above (c-e) are found on both sides of the body and tend to be tender, so you will know when you have found them. You can also refer to the diagram of the Lung Meridian on the previous page. If in doubt, just rub in the general vicinity and you'll have yourself covered. \*\*\*\*

**f) Free the Sternum (30-60 seconds)**

Use the finger tips of one hand to massage in little circles or rub up and down the sternum, then use both hands to massage in the same manner on either side of the middle line from collar bone right down the sternum concentrating between the ribs.

**Benefits:** Boosts lung capacity.

**g) Grief Rake (60-90 seconds)**

Come up the central line to the chest and rake the fingers across the chest with firm pressure moving up towards the collarbone. Shake the hands off each time you reach the side of the chest. Do as often as needed. If you come across any tender spots (and you will!), ease up if you need to. Tenderness indicates congestion, and the more you manipulate the area, the more you disperse the congestion. This applies to the previous exercise, too.

**Benefits:** Strengthens the lungs by creating space to make breathing easier and moves grief out of your system.

**4. Throat Support (30 seconds)**

Place fingertips of both hands on the centre of the throat (Adam's Apple), stretch one hand up towards the chin and the other down towards the throat notch as your head naturally leans back a bit. Continue this motion to the left of the centre of the throat and then to the right. Stretch diagonally across and finish by tracing finger 8s (the infinity symbol) all over the neck.

**Benefits:** Relieves a sore, irritated throat.

Prioritise self-care!

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Thank you for accepting these simple, yet powerful, tools designed to bring you some relief during this time. Give them a go. These exercises can be done as a sequence or as stand-alone exercises throughout the day whenever needed. The times provided are mere guidelines; if you feel you need more time, then trust your instincts. Better to do something, than nothing! Be consistent and know that you are assisting yourself in many ways, even if you are not immediately aware of any shift.

I trust you will feel a sense of empowerment knowing that you are actively assisting to bring your body back to harmony and balance.

Feel free to share this pdf with anyone who would benefit from the exercises. On my website, you will find a video for eye care, so please check that out, too.

If you should have any questions or require clarification, please don't hesitate to contact me.

Stay strong,

AdiShakti

