

# Calm at Hand

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What is great about using your hand to help create calmness is that you always have this tool with you. You can reduce anxiety and increase your tranquility while attending a lecture, talking on the phone or in a virtual meeting, listening to your kids, or lining up at a bank by using these 5-minute calmness techniques. Select one of the following discreet strategies.



## 1. Pressure Points

Simply use the thumb of one hand and press around the palm of the other hand. Do this slowly and deliberately with fairly strong pressure. Then find these two pressure points to press firmly and make small circles for a count of 5 for each point: press thumb on the line where your thumb becomes your wrist as well as the fatty part of your palm between your thumb and your index finger in the fatty portion of your palm. Repeat. It's very soothing.

## 2. Palm Push

By pushing your palms together and holding for 5 to 10 seconds you can reduce your anxiety as this movement orients you in space and provides you with something else to focus on. In addition, it can strengthen your wrists and arms. This palm push can be followed up with fingertip-to-fingertip pushes, gently pressing each pair from your thumbs to the baby fingers to continue the stress relief. Repeat. It's very calming.

## 3. Hand Massage

Rub your favorite cream into your palms or mimic the use of lotion. Massage each joint and the webbing between each finger in a slow, flowing movement. Then clench and release your fists and wrists. This 5-minute TLC hand massage and stretch will help relieve anxiety and tension.

You may want to pair your "Calm at Hand" strategies with breathing regulation techniques such as long slow breaths in and out or mentally counting out your inhale (1, 2, 3, 4) and exhale (1, 2, 3, 4) cycles. This may optimize your tension reduction.