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SELF MASSAGE

Massage can be an important factor in aiding wellbeing and can be done by yourself on yourself. It can be practiced with or without carrier/essential oils and enables relaxation while boosting a positive mindset. This together with relaxing breathing allows for an overall feeling of peacefulness. Follow these easy instructions:

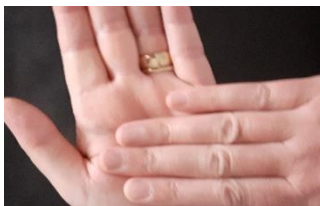
1. Circle the front of hands.



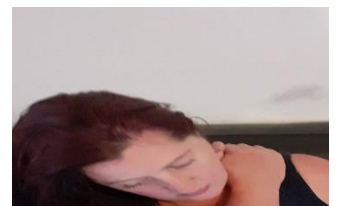
4. Circle the temples.



2. Circle the palms of hands.



5. Squeeze the shoulders



3. Stroke down the arms.



6. Scalp massage.

