



Your hands and feet have pressure points. Pressure points are linked to different parts of your body. Touching or pressing these spots can help treat health problems. This is called reflexology. Reflexology can:

- Lower anxiety and stress
- Relax sore muscles
- Boost blood flow in your body
- Lower pain in some body parts



Headache Reflexology

1. With your right hand, hold your big toe on your left foot. Put your thumb on the bottom of your big toe. Put your pointer and middle finger on the top of your big toe.
2. Lightly rub your big toe in a circle for 30 seconds.
3. Now squeeze your big toe with your thumb, pointer finger, and middle finger for 30 seconds.
4. Finally, gently squeeze as you move up and down the whole toe for 30 seconds.
5. Repeat on your right foot.



Blue: Head
Dark Blue: Neck
Pink: Eyes
Yellow: Stomach

Reflexology tip: Walking around barefoot can help you have more energy and feel more focused. Try walking barefoot on different surfaces for 5 minutes. You could try a stone pathway or grass. See if your mood changes!



For questions about Wellness,
contact (212) 432-8494 or wellness@chnnyc.org