



YOU WOULDN'T LET THIS
HAPPEN TO YOUR PHONE.
DON'T LET IT HAPPEN TO
YOU EITHER.

SELF CARE IS A PRIORITY,
NOT A LUXURY.

Self-Care

Resources

- 1) [Taming the Stress Monster_breathing and positive self talk.pdf](#)
- 2) [AHNA Stress Management Booklet PDF.pdf](#)
- 3) Video 22 min.: [How to Relieve Stress-Scientifically Proven Stress Relief Techniques](#)

Yoga for Anxiety and Stress

Videos

- a. [Yoga for Stress Relief- 7 min](#)
- b. [Yoga for Anxiety and Stress- 22 min.](#)

Guided Imagery and Meditation

- 1) [Meditation-Really great, sounds like Thor speaking! -5 minutes](#)
- 2) Headspace (app) great for learning how to meditate.

Progressive Muscle Relaxation

PMR is a guided or self-guided technique that requires you to take notice of each part of your body and consciously relax the muscles. This is my favorite go-to for those nights when stressors are keeping me awake. I would encourage you to try this video and learn the basic techniques. If you are having trouble sleeping, it is a pretty easy way to help you let go of all of the stressors and fall asleep. [PMR video-6 minutes](#)

For More Help

- 1) SAMHSA Hotline
 - 800-662-HELP
- 2) National Suicide Hotline
 - 800-273-TALK
- 3) Covid-19 Anxiety Management Program
 - Free to HCP's
 - <https://www.talkspace.com/>
- 4) [National Alliance Helpline](#)
 - 800-950-NAMI

Capacitar Practices - A COVID-19 Response



At this time of global pandemic with the COVID-19 virus and with economic insecurity around the world, Capacitar offers several simple healing practices to boost the immune system, to transform feelings of anxiety and fear and to connect with inner wisdom and resources so we can reach out as persons of light to our families and communities.

Let us remember that we always have a choice to see the reality of our times and offer a positive response or action to transform the energy of the moment. In doing so, we can mitigate panic and negative energy.

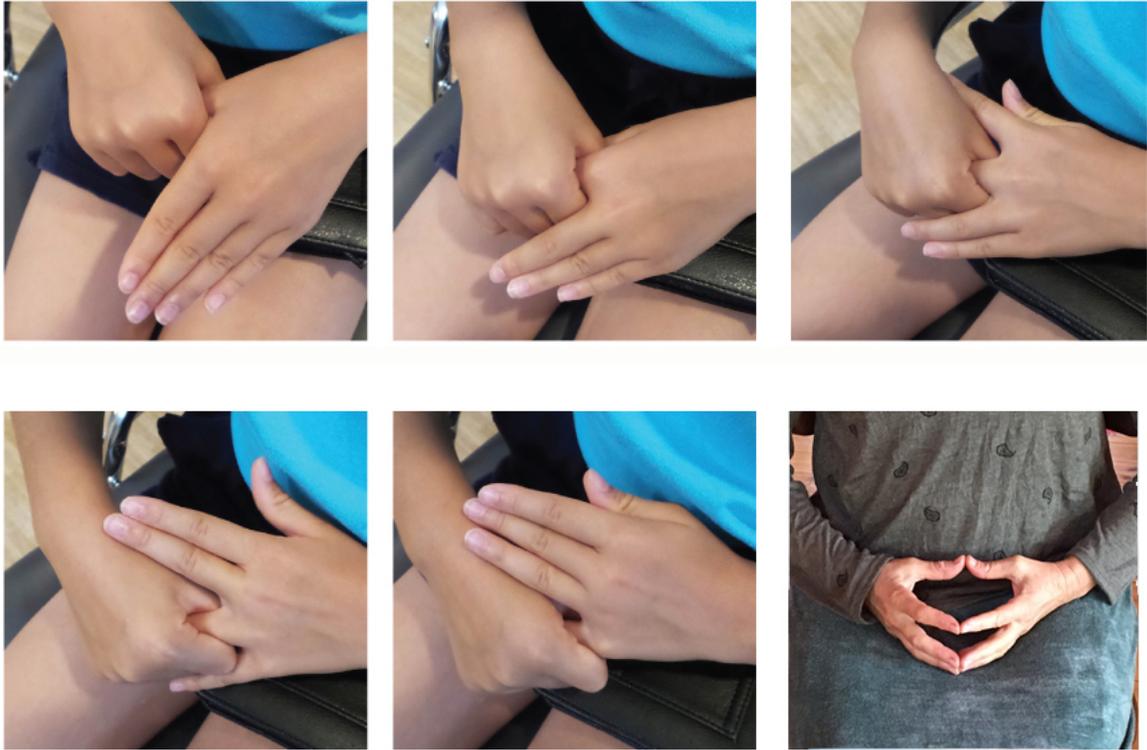
For more resources, download the [Capacitar Emergency Kit](https://capacitar.org/capacitar-emergency-kit/) from our website at <https://capacitar.org/capacitar-emergency-kit/> and see review our basic practices on the [Capacitar International YouTube Channel](https://tinyurl.com/wa8soqu) at <https://tinyurl.com/wa8soqu>

Capacitar Practices

Transforming Anxiety and Fear: The Finger Holds

This practice is a simple way to reconnect with inner wisdom and to transform strong feelings. Often we judge emotions as “good” or “bad” rather than recognizing them as wise messages from the body guiding us in our response to challenges, dangers or people in our environment.

With overwhelming feelings, energy can become blocked or repressed, resulting in pain or congestion in the body. Holding each finger for several minutes while breathing slowly and deeply can release and balance pent up feelings.



Finger Hold Protocol

Thumb: tears, grief, sadness, emotional pain

Hold your thumb to transform your grief to wisdom and compassion.

Index Finger: fear, panic, terror

Hold the index finger to transform fear, panic and terror to courage and clarity for action.

Middle Finger: anger, rage, resentment

Hold the middle finger to transform anger and rage to focus, action, and passion.

Ring Finger: anxiety, preoccupation, nervousness

Hold the ring finger to transform anxiety to peace and strength.

Small Finger: victimhood, low self-esteem

Hold the small finger to transform emotions to self esteem and empowerment.

Center of the hand: peace, harmony, balance, wellbeing

Press into the center of your hand to move and balance your emotions.

To Ground & Center:

Hold fingertips together, cross the ankles and breathe deeply to center and ground yourself when feeling overwhelmed.



Capacitar Practices

Acupressure Points: For Anxiety and Fear To Support the Immune System

Self Acupressure Technique

Press firmly into the point, then lighten the pressure until you begin to feel a pulsation. Don't worry if you don't feel pulsing. Your energy is flowing whether you feel it or not.

Adults should press points for two to three minutes.

Children need only a minute to clear the points and balance their energy.

If a point is sensitive or painful, this is an indication that it needs gentle pressure to release. Enhance the release by breathing deeply and imagining that you are releasing your tension and/or pain.



Fear Points by the Arm Socket

Cross your hands in front of the chest and with the fingertips locate the points in the sensitive areas in the outer part of the upper chest near the arm sockets. The points help alleviate feelings of fear as well as chest-lung congestion. These points can also be tapped like a butterfly to calm and soothe oneself.



Anxiety Point in the Outer Wrist

Press the point in the indentation on the outside of the crease of the wrist, down from the small finger.



Elbow Points to Boost the Function of the Immune System

With the index fingertips, press the points on the outer creases of the elbows.



Chest Points to Boost the Function of the Immune System

Press the points under the heads of the clavicles on both sides of the sternum.

This email was sent to kiser@nursing.arizona.edu. You are receiving this email because you may have opted to receive communication from us.

© Capacitar International, Inc. 2019. All rights reserved.

[Donate to Capacitar](#)



© Capacitar International, Inc.

www.capacitar.org

Our mailing address is:

2901 Park Avenue, Suite B12, Soquel, CA, 95073, United States