

[Jin Shin Jyutsu: Self Help for ANXIETY, DEPRESSION and More...](#)

This is from [Astrid's Jin Shin Jyutsu Blog](#). For those of you interested in Jin Shin Jyutsu and Energy Medicine: I really recommend checking out [Astrid's JSJ Blog page](#) It is full of useful insight. Astrid writes beautifully, "Jin Shin Jyutsu is complete. It encompasses all of our human experience on every level: spiritual, emotional, mental and physical..."

Worry, Anxiety, Panic, Depression, Anger, Grief and other emotions are draining and exhausting. You can help ease these uncomfortable feelings YOURSELF by holding your thumb, or another finger. The effect is cumulative, so the more you hold a finger the more you will notice the effects.

Here are Self help holds to harmonise draining emotions

[Self Help for Worry](#) (and insomnia)

[Self Help for Anxiety](#) (and Fear and Panic)

[Self Help for Depression](#) (and Fatigue)

[Self Help for Anger](#) (and High or Low Blood Pressure)

[Self Help for Grief](#)

[Self Help for Heart](#) (attack)

[Exercise: Hold THUMB for WORRY](#)



Hold your THUMB (either side) to harmonise the attitude of WORRY, and to help:

- Insomnia
- Digestion
- Headaches (esp. base of thumb)
- Stress and nerves
- Ground and calm
- Nurture
- Skin surface
- Stomach and spleen energy
- When have to SIT a lot

[Exercise: Hold INDEX finger for FEAR](#)



Hold INDEX finger (either side) to harmonise FEAR and ANXIETY, and to help:

- Teeth and gums
- Backaches
- Digestion, constipation
- Self criticism, shyness
- Muscle tension
- Kidney and bladder energy
- When have to STAND a lot (be on your feet)

[Exercise: Hold CENTER of PALM for FATIGUE](#)



Place your fingers on the center of the palm (either side) when you feel fatigue, or when you feel like sleeping a lot and hold for a few minutes. Also for depression.

Exercise: Hold MIDDLE finger for ANGER



Hold MIDDLE finger (either side) to harmonise the attitude of ANGER, and to help:

- regulate blood pressure (high or low)
- general fatigue
- eyes, vision
- irritability
- balance emotions
- liver and gallbladder energy
- when have to READ a lot

Exercise: Hold LITTLE finger for PRETENSE



Hold LITTLE finger (either side) to harmonise the attitude of PRETENSE (trying to), and to help:

- heart conditions
- bloating
- trying too hard (at anything)
- insecurity, nervousness
- heart and small intestine energy
- when need to WALK a lot

Exercise: Hold RING finger for GRIEF



Hold RING finger (either side) to harmonise the attitude of GRIEF and sorrow, and to help:

- ringing in the ear (tinnitus)
- respiratory functions
- excessive mucus
- skin conditions
- lung and large intestine energy
- when have to RECLINE a lot