##  help-teacher-logo.png

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## Transcrição

# A JAPANESE METHOD TO RELAX IN 5 MINUTES

a Japanese method to relax in five

minutes every day you are stressed about

too many things work relationship family

bills other people's opinions a certain

amount of stress is normal and even

necessary but excessive stress can take

a toll on your life and health you're

not gonna believe what I'm about to tell

you next you can get rid of stress in no

time at all all you need to cope with

anxiety and headache is just one method

a unique ancient Japanese technique it

takes less than five minutes and can be

done about anywhere to practice the

technique you should first understand

that each finger of your hand represents

a different feeling or attitude let's

see exactly what

here's your hand thumb index middle ring

and pinky the thumb helps combat

emotions like anxiety and worry the

index can help you combat fear the

middle finger helps you control anger

and resentment the ring finger can help

you fight depression and sadness also

it's responsible for making you more

decisive and the pinkie helps to calm

anxiety and increases optimism and

confidence this finger represents

self-esteem let's repeat it again thumb

anxiety index fear middle anger ring

sadness pinky self-esteem keep repeating

it till you remember it now let's see

how this unusual method works to

harmonize the life energy in the body

grasp the finger with the opposite hand

wrapping all the fingers and thumb

around it now hold each finger for one

to two minutes you will know it's

working when you feel a pulsating

sensation if you want to calm your mind

slightly press in the center of

with the thumb of the opposite hand and

hold it for at least one minute it will

help you relieve stress get rid of

negative thoughts and get peace of mind

in the middle of the hustle and bustle

practice this technique every day to

stay calm and reestablish the balance

within yourself remember that there are

many other ways to cope with stress

exercise yoga massage meeting friends

good music and others however this

Japanese technique is one of the best

methods to revive yourself quickly this

method absolutely works wonders for

everyone regardless of age and gender

have you already tried it how did it

work for you share your thoughts in the

comments below we're really interested

in them don't forget to hit the like

button below and click subscribe to stay

on the bright side of life