

## Five Finger Qi Gong (Shou Yin)

Learning to relax and find time for yourself is important. Follow the instructions below for one relaxation technique that you might like to include in your daily routine:

- Make sure you are sitting or lying comfortably.
- If sitting, place feet squarely on the floor.
- Place index finger on your thumb and close the eyes.
- You do not have to do anything other than observe how you feel.
- Notice what happens to the sensations in your fingertips and hands. Feelings of warmth, heaviness, tingling, rushing, colours, smells, memories, etc.
- Hold this position for two minutes.
- Next, place your middle finger on your thumb and observe sensations in your hands, forearms, feet and lower legs. Notice feelings of warmth, heaviness, tingling, rushing, etc. Again, hold for two minutes.
- Now, place your ring finger and thumb together. Again, observe feelings of warmth, heaviness, tingling, etc anywhere in your body. Hold for two minutes.
- Finally, place your little finger and thumb together. Observe changes in your mood, calming, centring, elation, joy, etc.

Hold each position for two minutes or until you feel good; then gently open your eyes.

## Support groups and contact details:

Gloucestershire Counselling Service	01453 766310
No Panic	0808 8080545

## Anxiety and Stress Management courses are frequently run at local colleges. For up-to-date workshops in your area contact:

Gloscol	0845 1552020
Stroud College	01453 761226
RFDC	01594 833416

## Independence Trust (formerly GDAS)

Gloucester	01452 876440
Cheltenham	01242 584881
Stroud	01453 755711
Forest of Dean	01594 825656

## Countywide Specialist Substance Misuse Service

West Gloucestershire Team	01452 891260
East Gloucestershire Team	01242 845614
Criminal Justice Drugs Team	01452 545779
Branchlea Cross	01242 845600

## Primary Care Substance Misuse Service

Countywide Team	01452 523151
-----------------	--------------

CSSMS



## Ear Acupuncture and Relaxation

**2gether**  
Making life better

Foundation Trust  
For Gloucestershire **NHS**

## What is Ear Acupuncture?

The ear is a micro-system and represents each part of your body.

There are points in the ear that relate to specific organs including the lungs, liver, kidneys and nervous system. All these organs can be affected by drug and alcohol misuse.

The treatment involves up to ten tiny needles being placed in each ear whilst you rest for about 45 minutes.

## What are the benefits?

Regular treatments of ear acupuncture can help clear your mind, build energy and give you a sense of wellbeing.

People receiving the treatment have commented on the peaceful, calming and empowering effects that have helped to reduce anxiety and improve their sleep.

The general effect is to aid the body to balance itself in order to maintain health and wellbeing.

## How does it work?

The treatment prompts the release of natural chemicals in your body, including endorphins, which help reduce cravings, ease withdrawal symptoms and increase relaxation.

## When is it suitable?

Acupuncture is not suitable for use on areas of irritated or infected skin or in the first 12 weeks of pregnancy.

It is used with caution if you have a history of fits, blood clotting, heart problems, very high or very low blood pressure. These may be discussed with your practitioner.

## What will I feel during and after the treatment?

You may feel each needle as it is inserted. Once the needles are in place, your ears may tingle or feel warm. Some people fall asleep, others feel nothing. Even if you do not feel much you are getting benefit.

Acupuncture is most beneficial after a series of treatments.

After treatment you may feel drowsy and are advised not to drive until this passes. You should ensure that you drink plenty of clear fluids and avoid caffeine and alcohol before and after each acupuncture treatment.

## How did the use of Ear Acupuncture in substance misuse begin?

The use of ear acupuncture within substance misuse was pioneered at the Lincoln Hospital in New York in the mid 1970s, and has been used in Europe since the early 1980s.

This is a simple, drug-free treatment which enables you to feel comfortable and focussed and able to participate in other areas of your treatment.

## Ear Acupuncture Points

