

Holistic Nursing JIN SHIN JYUTSU® for RESILIENCE

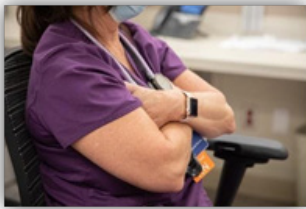
“At the heart of each one of us exists a silent pulse of perfect rhythm,” - Mary Burmeister.

Jin Shin Jyutsu (JSJ) is a hands-on art from Japan rooted in classical and ancient Asian medical traditions.¹ It may be practiced at any moment, in any space. You can apply the practice to yourself (Self-Help), or to others, using gentle touch to balance the body. Simple, quiet touch can unblock areas of tension, restore and stimulate healthy circulation of body fluids, relieve pain, improve sleep and digestion, regain feelings and sensations of balance, or help us to relax deeply.² The effects are cumulative; the more frequently JSJ Self-Help is practiced, the more its benefits will be experienced. It is simple and unobtrusive so that practitioners may find themselves holding multiple areas, at random times throughout the day.³



*Jin Shin Jyutsu is evidence we are born possessing the instruments
to bring internal balance: our hands and our breath.⁴*

Instructions for Practice**



1. Begin by finding a comfortable place to sit or lie down. This sequence should take approximately 20 minutes. During the entire sequence, your right hand will stay under your left arm as an anchor step.
2. Give yourself a big hug by placing your hands under your arms. Your touch is gentle. Beginning with an exhale, complete two or three breath cycles. Start to bring your attention inward.
3. Now place your left thumb over your left ring and little fingernails and allow this arm to relax, gently supported by your lap. Balances breathing, digestion, letting go, and overdoing.
4. Return to the awareness of your breath and body, dropping your shoulders. By bringing awareness to sensations in our bodies we are cultivating presence.
5. Place your left fingers on the back of your neck (left side). Helps to release tension in the neck and bring emotional balance.
6. Notice any sensations you are feeling, perhaps tingling, pulsing, warmth, or nothing at all.
7. Bring your left fingers to your right cheekbone. Helps worry, depression, and digestion of both food and thoughts.
8. Again, complete 3 slow breath cycles.
9. Now bring your left hand to your right inner elbow. Balances respiration, opens chest, helps heart, and strengthens self-confidence.
10. Let your hands rest in an effortless way; continue to sense the feelings in your body.
11. Place your left hand on your left groin. Helps open energy to the legs, ankles, and feet, strengthens reproductive organs, and lowers stress.
12. Finally, bring your left hand back to where you started under your right arm, giving yourself a hug. Notice any differences you may feel, subtle or more pronounced, from how you felt when we started.

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The series in this composition is of her personal design.

The Science: Jin Shin Jyutsu theory, similar to acupuncture, posits that life force energy circulates throughout the body in meridians or pathways.⁵ Tensions and blockages in the pathways cause stagnation, deficiency, or excess of this bioenergy, which in turn causes symptoms and disorders.⁶ Research has shown that Jin Shin Jyutsu Self-Help is a viable practice to decrease stress and improve emotional vitality.⁷ International reviews of literature have proven that acupuncture, including self-administered acupuncture, is a viable complementary and alternative medicine (CAM) intervention.⁵ JSJ offers low cost, effective, and safe self-care practices. The quick and cumulative benefits of JSJ highlight its advantages as a self-care practice among healthcare workers. Building on an initial pilot study by Lamke et al.⁸ an RCT crossover design study evaluating the effects of Jin Shin Jyutsu on stress and caring efficacy demonstrated significant changes in measures of emotional vitality and buoyancy after JSJ education.⁷ Jin Shin Jyutsu emphasizes awakening one's awareness to our natural and inborn ability to help ourselves.⁴

References

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