

## Using Jin Shin Jyutsu to Assist with the Emotional and Physical Effects of Smoking Cessation

Discomfort from nicotine withdrawal can affect our emotions as well as our physical body. Irritability, anxiousness, depression, sleeplessness, cravings, and itching in hands or feet are not uncommon and may last a few days or weeks depending on the individual. Luckily, you have the ability to help calm these symptoms by the use of simple Jin Shin Jyutsu finger holds.

In Jin Shin Jyutsu, each finger corresponds to specific emotions or attitudes as well as physical symptoms. To move through these sensations in a more gentle, peaceful manner simply wrap the fingers of the opposite hand gently around the indicated finger. Breathe deeply and feel the distress melt away and balance return.

The fingers can be used as a sort of emergency tool-kit. By taking time to learn the basic emotions and symptoms related to each finger, you can help yourself through overwhelming effects anywhere and at anytime before they become unmanageable.

### How do I apply Self-Help?

- Relax, or if you are unable to relax, just be as you are.
- Stand, sit or lie down, whatever is most comfortable and convenient.
- Gently wrap fingers of opposite hand around the individual finger or thumb being utilized. When holding the thumb, be sure to include the base into the palm area.
- Hold softly until you feel a gentle rhythmic pulse. This can be 2-3 minutes or as long as 20. There is no need to squeeze, massage or rub.
- Deep and relaxed exhales and inhales can be of benefit while applying self-help. Exhale and unload all impurities. Inhale and receive the breath of life.
- Dropping your shoulders while bowing your head slightly relaxes the breath.
- There is no time limit for use of Self-Help. Daily application will increase the benefit.

**"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it" – L Holtz**



### Thumb - *Worry* - Sleep & Appetite

Are you experiencing worry or depression? Do you awake in the middle of the night or have difficulty going to or staying asleep? In balance, one feels a sense of security. The thumb also assists with balancing the appetite and the craving of sweets.



### Index Finger - *Fear* - Itchy Hands & Feet

Are you experiencing fear or mental confusion? Do you feel anxious or nervous? In balance, calmness is restored. The index finger also assists with the feeling of itchiness in hands and feet.



### Middle Finger - *Anger* - Cravings

Are you angry or irritable? Do you feel emotionally frozen? In balance, tempers calm and impatience eases. The middle finger also assists with addictive cravings.



### Ring Finger – *Sadness* - Breathing

Do you feel deep lasting sadness or loss? Do you cry easily? In balance, one can release the “old” and become receptive to the “new” in life. The ring finger also eases breathing and will help you “catch your breath”.



### Little Finger – *Try-To's* - Shakiness

Are you overdoing it? Are you nervous or feeling insecure? In balance one is receptive to intuition and inspiration. The little finger also eases the shakiness in the body.

**Get Rid of *Worry F-A-S-T***

Jin Shin Jyutsu®  
Self-Help  
at the Markey Cancer Center



Self-Help for Smoking Cessation



To learn more about the use of Jin Shin Jyutsu for  
smoking cessation contact Jennifer Bradley  
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A Cancer Center Designated by the  
National Cancer Institute

The Jin Shin Jyutsu information provided is intended to compliment, not replace the advice of your own physician or other healthcare professional. Individuals are advised to seek medical attention commensurate with their specific needs.

"The truth is that within each of us lies the power to cast all misery aside and to KNOW complete Peace and Oneness - to BE the beautiful creation of perfect harmony - to truly KNOW (Help) MYSELF."

- Mary Burmeister

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