



Caring for Our Health Care Heroes

Self Massage for Stress

Relieves stress

Alleviates jaw pain

Reduces tension

Soothes headaches

Instructions: These techniques release tension held in the face, jaw & head. Use for simple stress relief or specifically for pain & tension headaches. Some areas may be more tender than others. Adjust pressure to a comfortable level and treat these areas a little longer. Staff with questions about techniques can reach out to Krista.Ingerick@rochesterregional.org for additional clarification.

1. Eyebrows—Squeeze & release brows in a pinching motion from midline to outer edge. Repeat with a sliding motion.
2. Forehead—Using fingertips, press & slide vertically from brows up to hairline, working in small sections at a time from the center out to sides.
3. Temples—Circles with fingertips or heel of hands.
4. Jaw—Slide fingers from chin up to ears along the jawline. Massage circles into the joint where the jaw hinges just in front of the ear. With circles or a downward sliding motion, massage the tissue that bulges if you clench your teeth just forward of the joint (you can press firmly in this spot, but it will be tender if you tend to clench your jaw when stressed).
5. Scalp—Massage entire scalp with small fingertip circles, working in small sections at a time.
6. Ears—Grasping ears between thumbs and fingertips, massage entire ear with small circles. Use fingertips to massage behind the ear where it meets the skull with tiny circles (relieves discomfort from earloops on masks).
7. Scalp—Interlace your fingers and place hands on top of your head. Apply a squeezing motion with the heels of your hands. Start at the top and work your way back, paying special attention to any areas that are painful, but the pressure should be applied on the skull only - don't continue down neck.
8. Scalp—Using both hands, palms soft, massage the entire scalp with large circular motions.

Positioning: You can do this seated or laying down. When seated, try resting elbows on a table or desk and allow the weight of your head to rest into your fingertips to increase pressure. Adjust your pressure to what feels “right” - stress and tension held in these areas can contribute to headaches and facial pain, and can sometimes radiate into the neck. Self care is incredibly important, so be sure to take time to give yourself opportunities to heal.

*We hope these tools bring you relief & comfort.
Thank you for all you do to care for our community!*