

Xin Tian, L.Ac.

224-707-0998

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Acupressure for Stress 1

(Wash Hands Before Acupressure)

When one is under long periods of stress, their Yin Yang balance will be affected, which eventually affects one's health. Shoulders tense up and facial muscles get tight when stressed, preventing Qi from flowing freely, which causes pain. In this session, we will focus on releasing shoulder tension and relaxing the jaw.

Each session repeats 32 (4x8) to 64 (8x8) times. The pressure should be gentle but firm.

1. Press Feng Chi Xue (GB-20) (Figure 1): Put thumbs on GB-20 (see Figure 1) with the rest of your fingers resting on the head. Press down using a small circular movement. Count 8 times, then change direction.

2. Grab/Pinch/Press Jian Jing Xue (GB-21) (Figure 2): Put your right hand on the top of the left shoulder with your thumb next to the neck. Where the middle finger rests on is right at the GB-21 point. Pinch this point with thumb and middle finger, or press and make small circles with the middle finger. Switch sides, using the left hand on the right shoulder to find the point.

3. Press Yi Feng Xue (SJ-17) (Figure 3): The point is right behind the earlobes, between the mastoid bone and jaw bone. Press and make small circles with middle finger or index finger.

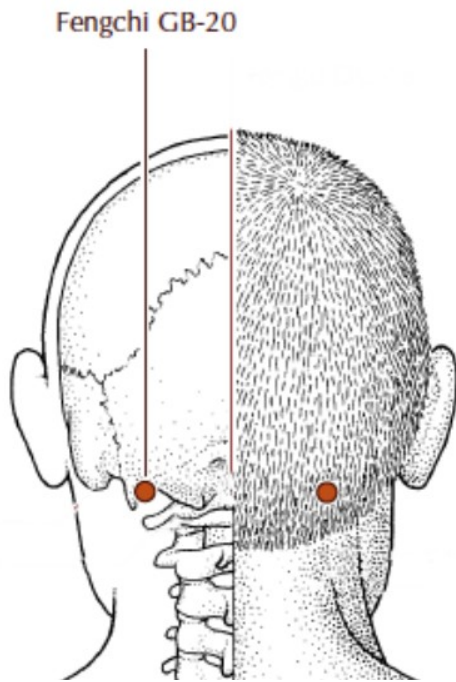


Figure 1

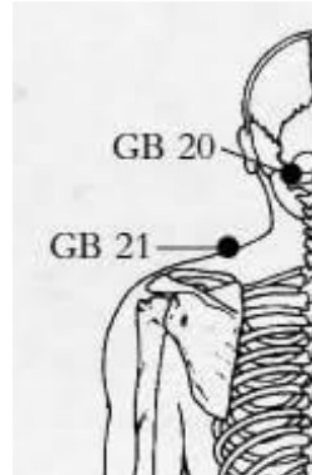


Figure 2

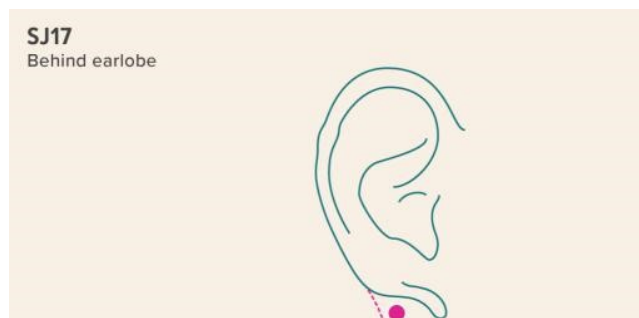


Figure 3