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Acupressure for Stress 2

(Wash Hands Before Acupressure)

Stress can cause anxiety and shallow breathing. In this session, we will focus on acupressure points that help with better breathing and calming.

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

1. Press Shu Fu Xue (KD-27) (Figure 1): Put the middle finger of the right hand on the left KD-27 point. Press and make small circular movement. Repeat 32 or 64 times. Put the middle finger of the left hand on the right KD-27. Press and make small circular movement. Repeat 32 or 64 times. You can also just put your hands on (left hand on right, right hand on left) and hold, counting 32 or 64.
2. Tan Zhong Xue / Shan Zhong Xue (Ren-17) (Figure 2): Put four finger tips on sternum bone with middle finger on Ren-17. Press and make small circles. Or press and slide down along the sternum bone from top to the bottom.
3. Press Nei Guan Xue (PC-6) (Figure 3): Put the tip of the right thumb on the left PC-6 point. Press and make small circle. Put the tip of the left thumb on the right PC-6 point. Press and make small circles. This point is good for calming, reducing nausea and motion sickness.

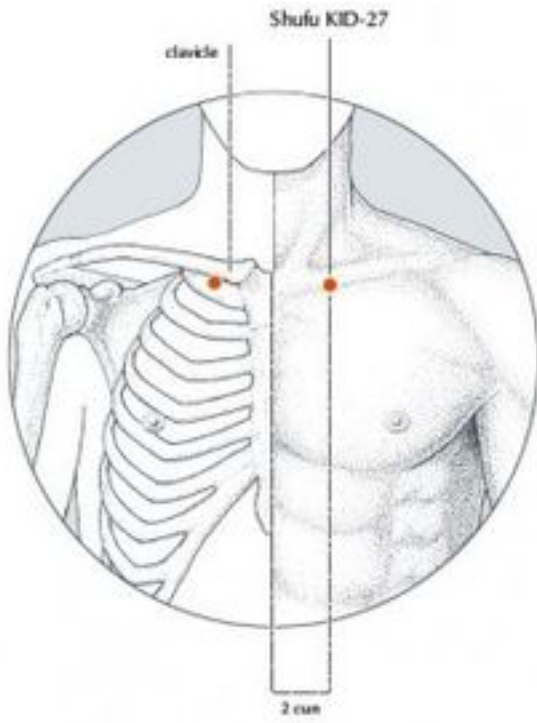


Figure 1

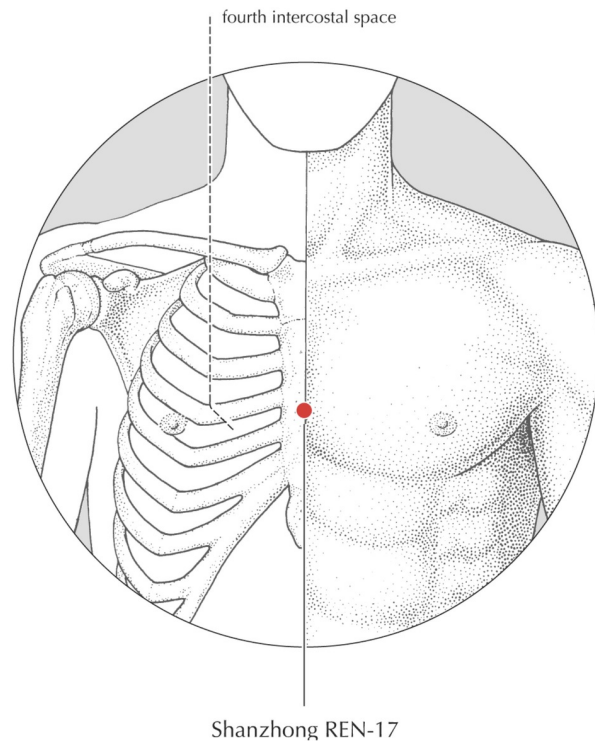


Figure 2

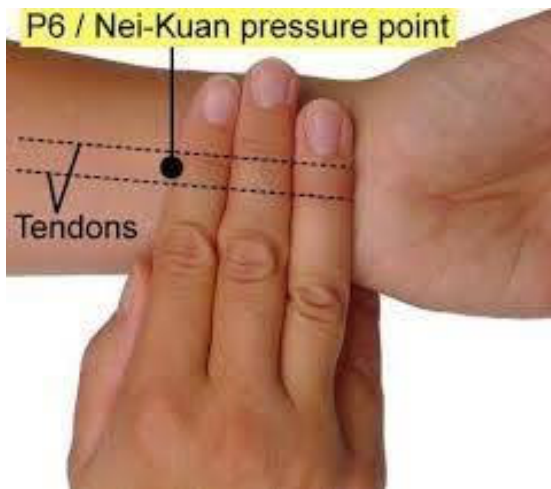


Figure 3