



Self- Acupressure for *Stress Management*

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About the *presenter*

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she/her

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Agenda

- Introduction to acupressure
- Acupressure points for stress management
- When to use acupressure
- Guided self-acupressure meditation
- Q&A

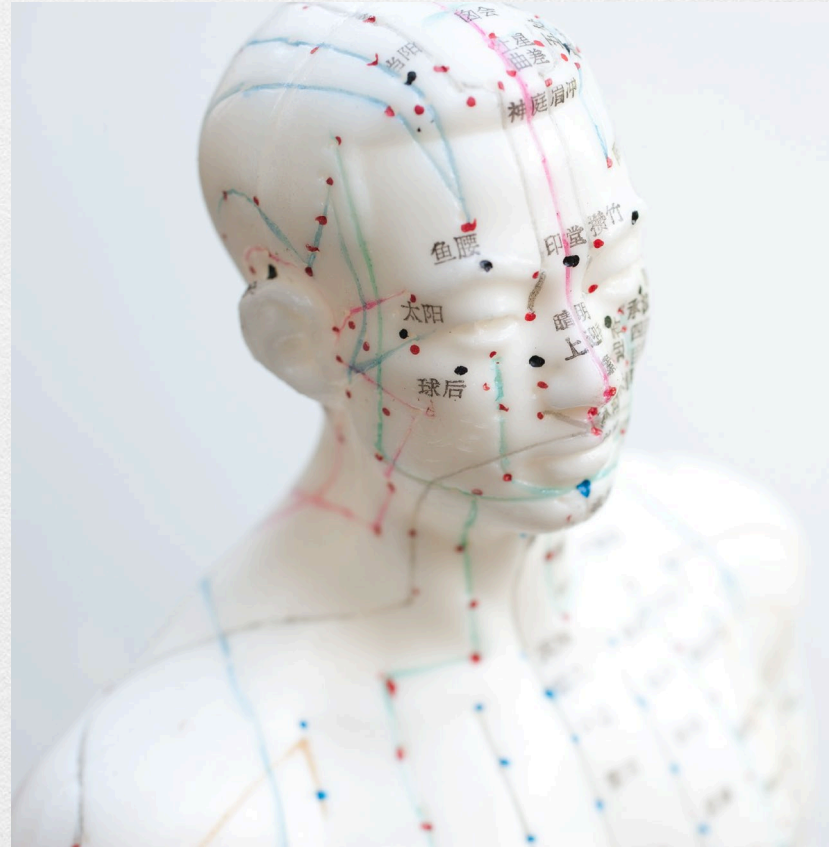


01

Introduction to
acupressure

Chinese *Medicine*

- Chinese Medicine: 3,000+ years of history
- Full system of medicine
- Life and health is dependent upon...
 - a co-regulating balance of *yin* and *yang*
 - *yin*: material, form, cool, dark, slow, inert
 - *yang*: energetic, function, warm, bright, fast, active
 - an uninterrupted flow of *qi* through a system of meridians in the body.
 - *qi*: The dynamic, motive, vital energy behind all actions in humans, nature, and the universe.



Grounding, soothing, self-reflective practices – like acupressure – have a more *yin* characteristics.

Yin practices activate our parasympathetic nervous system, encourage balance, promote smooth movement of qi.

Regulating Qi with *Acupoints*



When the flow of *qi* is disrupted in the body, unpleasant symptoms and disrupted function may result.



Stimulating the acupoints promotes a balanced flow of *qi* to restore function, reduce symptoms, and improve health.



Acupoint function determined by meridian/organ relationship, anatomical region, and other Chinese Medicine theory.



Stimulating an acupoint on one part of the body creates a modulating, healing impact on other body regions.

What is *acupressure*?

- Acupressure uses the same acupoints as acupuncture
- Pressure can be applied with the thumbs, fingers, elbows, or special tools
- Acupressure can be performed on oneself or on others
- Safe, effective, easy to learn



How can acupressure *help*?

By stimulating specific points on the body we can...

- Reduce symptoms now
- Promote calm, self-healing, self-regulation
- Prevent or reduce future symptoms





Common Uses of *Acupressure*

Anxiety, depressed mood, emotional stress

Headache

Pain & tension

Insomnia

Fatigue

Sinus and chest congestion

Nausea and other digestive concerns

Reproductive health concerns

02

Acupoints

for stress management



Acupressure *Basics*

Are acupoints located on both sides of the body?

- Yes, acupoints are bilateral, except for points located on the midline of the body

How do I stimulate an acupoint?

- Apply pressure with thumb or finger, at approximately a 90-degree angle to the surface of the skin
- Pressure should be firm, steady, and noticeable - but still comfortable! Start with lighter pressure and gradually increase, based on comfort level
- Gentle rubbing, massage, or tapping can also be used to stimulate acupressure points



Acupressure *Basics*

How long and how often should I do acupressure?

- Start with 30 seconds of pressure per point, and gradually increase to 1-2 minutes, based on tolerance
- Acupressure can be performed one or multiple times daily, for both symptom prevention and symptom management
 - More severe or acute symptoms: do more often

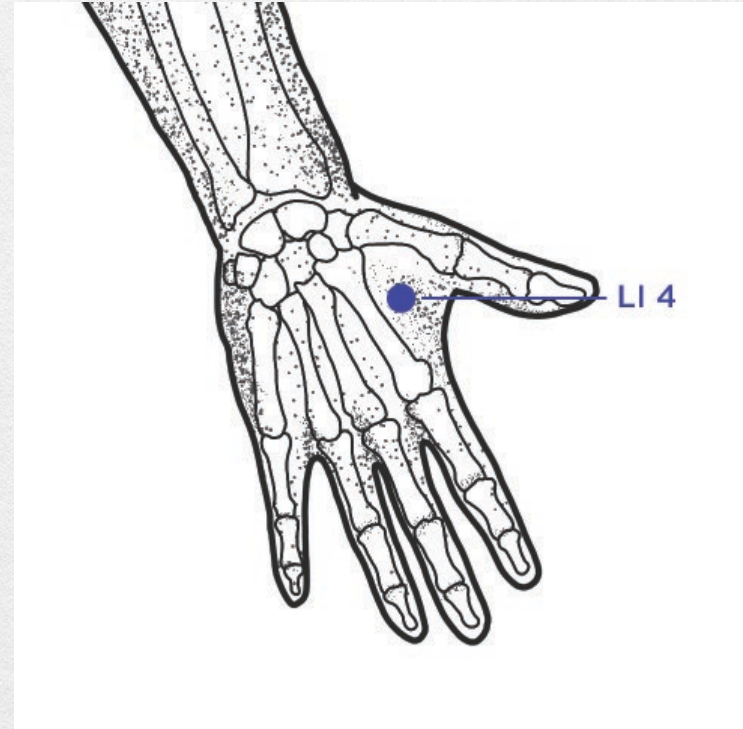
Anything else I should know?

- Avoid on areas of broken or blistered skin, broken bones, bruising, wounds, or irritation
- Some points should be avoided in pregnancy (see upcoming slides)

Large Intestine 4

He Gu | Junction Valley

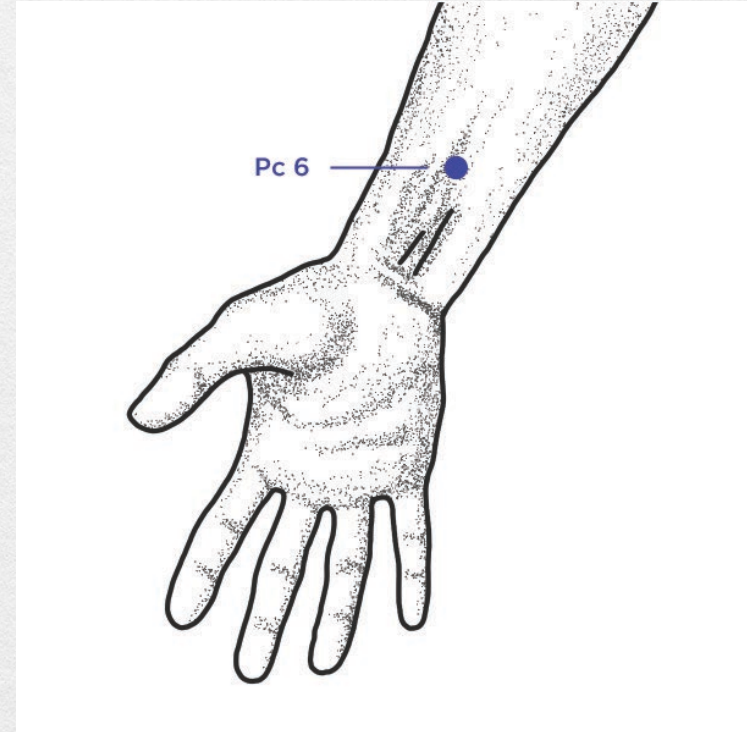
- Common uses: anxiety, emotionality, headache, pain, sinus congestion
- Location: This point is located on dorsal aspect of the hand, in the web between the thumb and pointer finger.
- Apply gentle pressure or massage for 1-2 minutes, on both hands. Repeat as needed.
- *This point should be avoided in pregnancy.*



Pericardium 6

Nei Guan | Inner Gate

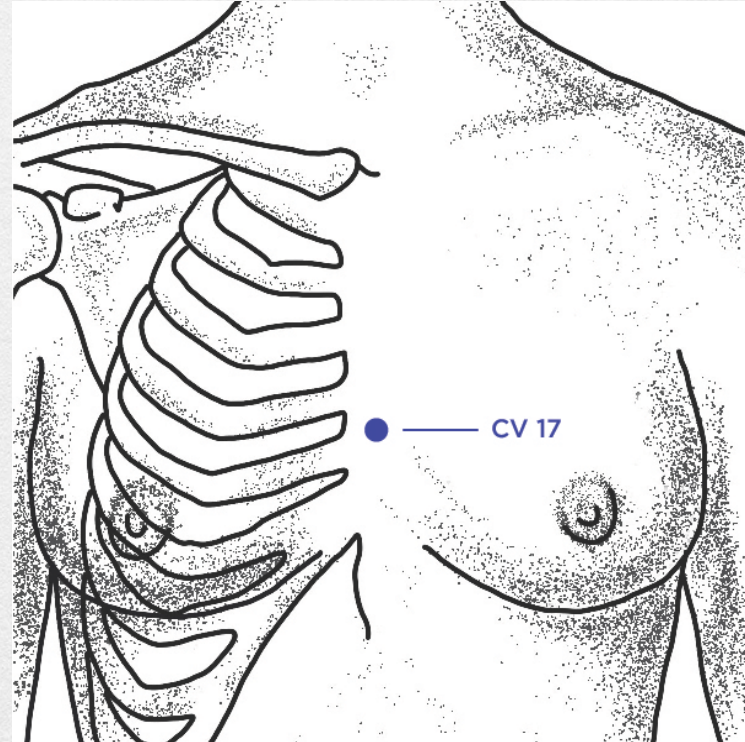
- Common uses: anxiety, agitation, headache, dizziness, nausea, heartburn
- Location: This point is located on the arm, three finger breadths from the wrist crease on the inner forearm in between the two tendons.
- Apply gentle pressure or massage for 1-2 minutes, on both hands. Repeat as needed.



Conception Vessel 17

Dan Zhong | Chest Center

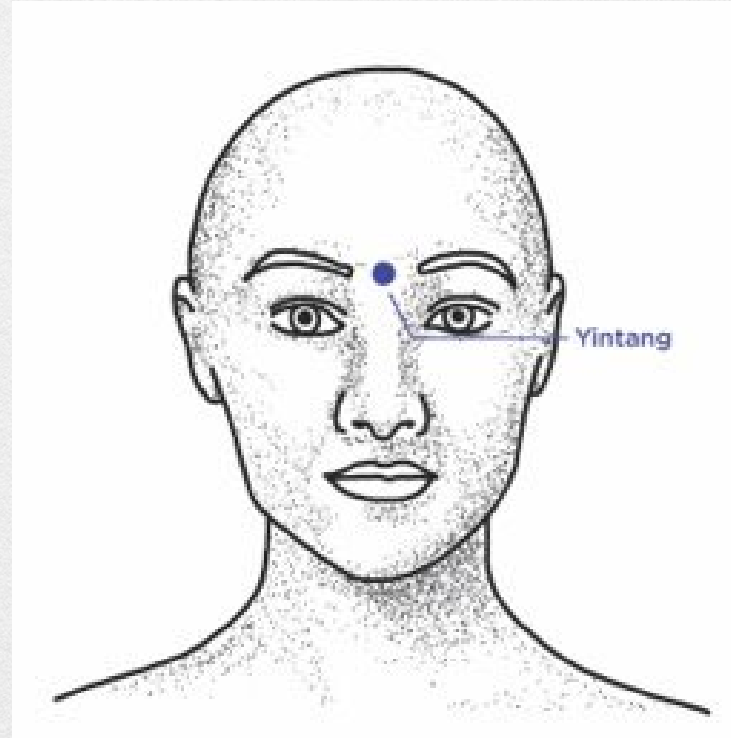
- Common uses: anxiety, grief, depressed mood, chest tension, cough
- Location: This point is located on the chest, in the center of the sternum on the midline, in a slight depression at the level of the fourth intercostal space. In some people, this point is roughly at the nipple line.
- Apply gentle pressure, tapping, or massage to point for 1-2 minutes. Repeat as needed.



Yintang

Hall of Impression

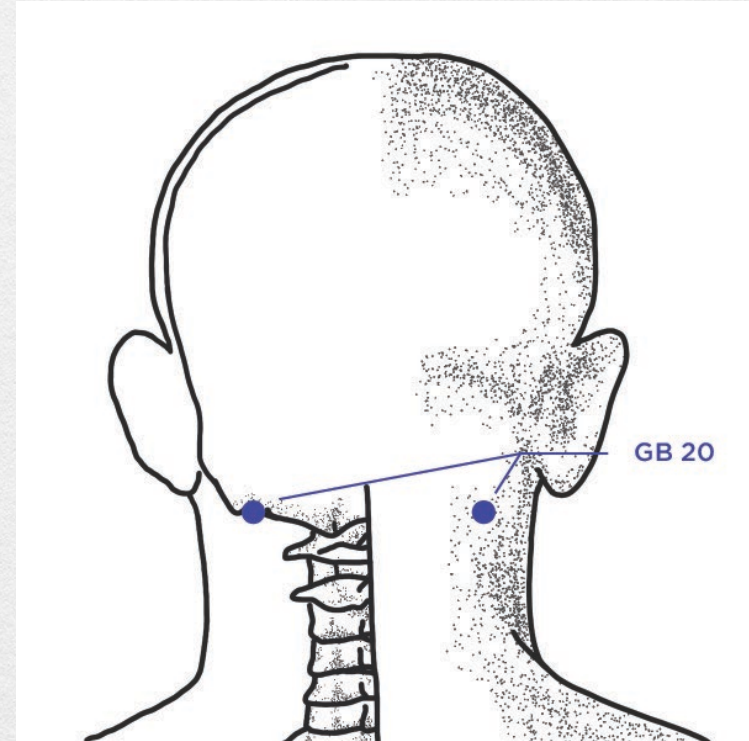
- Common uses: anxiety, insomnia, headache, sinus congestion
- Location: This point is located on the face in between the inner edges of the two eyebrows, on the midline of the face.
- Apply gentle pressure, tapping, or massage to point for 1-2 minutes. Repeat as needed.



Gall Bladder 20

Feng Chi | Wind Pool

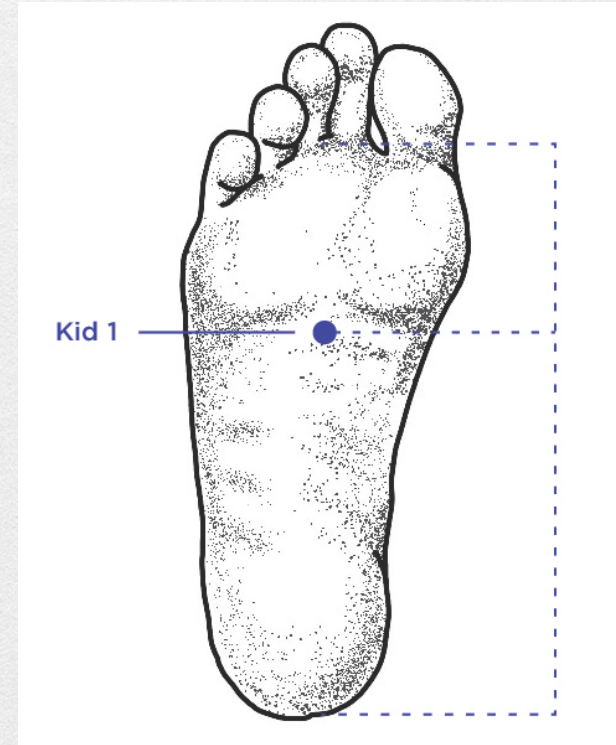
- Common uses: headache, migraine, facial pain, eye irritation, cold symptoms, pain and tension of the neck, shoulders, and upper back
- Location: The point is located inferior to the occiput, in the depression between the sternocleidomastoid and trapezius muscles.
- Apply gentle pressure or massage to point for 1-2 minutes. Repeat as needed.



Kidney 1

Yuan Quan | Gushing Spring

- Common uses: anxiety, agitation, headache, dizziness, feeling “ungrounded”, foot pain, poor sleep
- Location: This point is located on the bottom of the foot, 1/3 of the way between the base of the toes and the heel, in the depression just behind the ball of the foot
- Apply gentle pressure or massage for 1-2 minutes, on both feet. *Rolling out this point with a ball is a great way to stimulate!* Repeat as needed.



03

Using acupressure for
stress management



When to Use *Acupressure*

- Incorporate into your daily routine to support wellbeing
- Use as a preventative strategy before stressful moments in your day
- Perform as a rescue measure to address symptoms as they arise
- Practice anytime you find a moment of stillness!
 - In the car, during a meeting, waiting in line, etc.
- Combine with deep breathing and other self-care techniques to promote relaxation and efficacy

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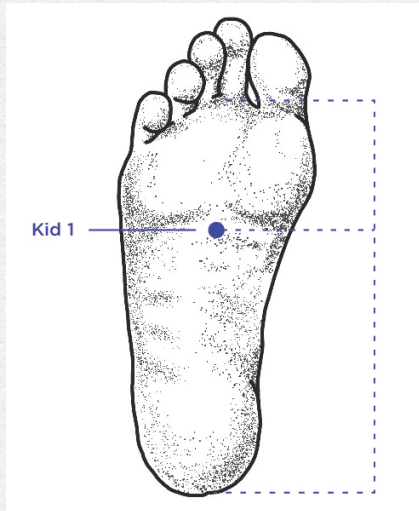
Guided

Acupressure &

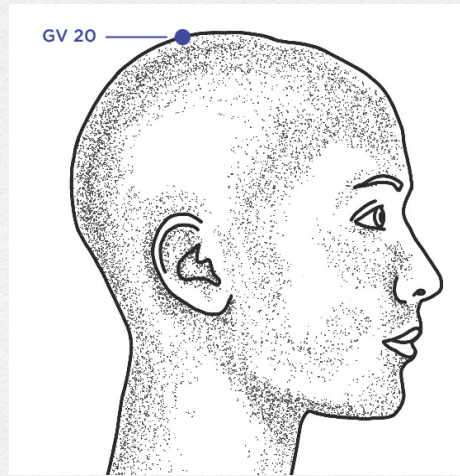
Meditation

Sit back and relax!

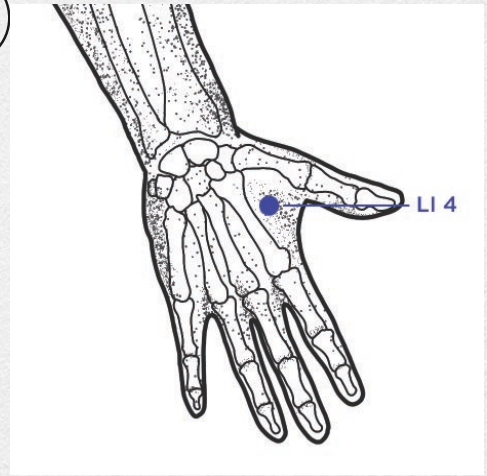
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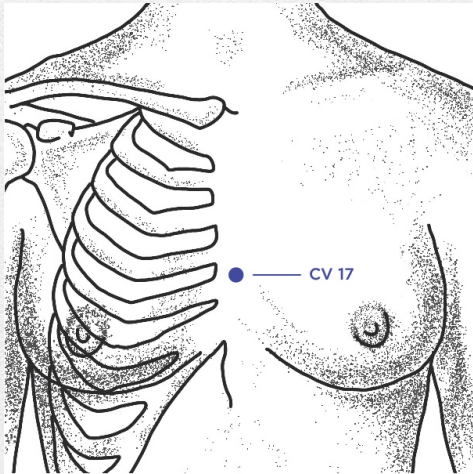
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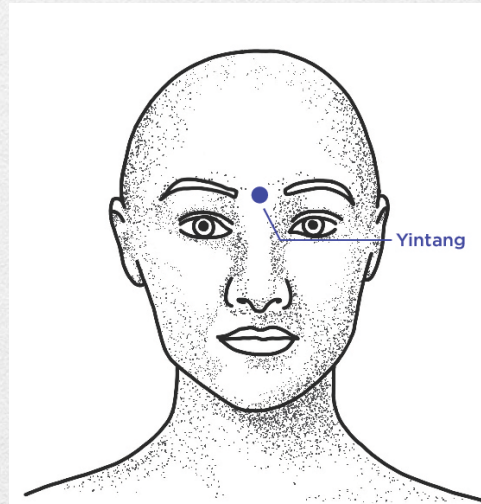
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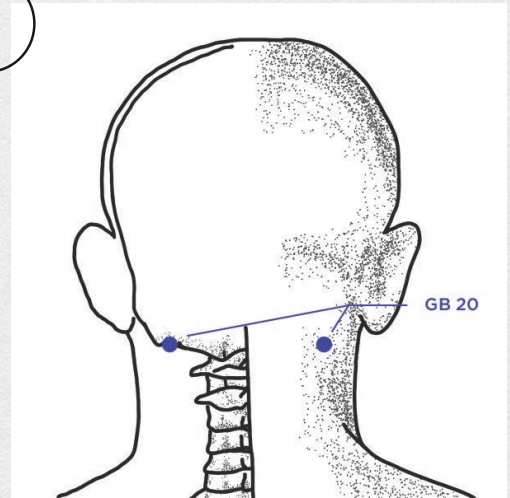
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Q & A 05



Resources

If you are interested in learning more about Chinese medicine or acupressure, these books may interest you...

- *Wood Becomes Water: Chinese Medicine in Everyday Life*, Gail Reichstein
- *The Web that Has No Weaver*, Ted Kaptchuk
- *Between Heaven and Earth*, Harriet Beinfield
- *Acupressure Made Simple: Easily Treat Yourself for Common Ailments*, Deborah Bleecker

Thanks!

Have questions? Reach out.

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