

Acupressure for Stress and Anxiety

What is acupressure?

Acupressure has long been used in traditional Chinese medicine. It is like acupuncture, but without needles. During acupressure, the caregiver puts gentle pressure on certain areas of the body to relieve symptoms such as pain, nausea, and anxiety. Acupressure does not replace your regular medical treatment plan or emergency care, but can be safely used with your current therapies.

The names of the points don't always match the location on the body. For example, some acupressure points are named after organs (such as the stomach and liver).

Is it safe?

Yes. There are very few risks to using acupressure on a child or adult. **Certain acupressure points should not be used during pregnancy.** See the instructions for specific sites for more information”

What are the risks?

There are very few risks to using acupressure on a child or adult. **Hard or deep pressure is not needed and not recommended.** Pressing too hard may bruise the skin and cause pain.

How is it done?

You can do acupressure on yourself, or on someone else. Don't worry about hitting the exact location. You can still get relief if you are close to the desired acupressure point.

- **Relax your body.** Try to get rid of distractions. Take a few deep breaths.
- **Apply gentle pressure to the points.** If you feel pain, lighten pressure to avoid bruising.
- **Follow the 5-point method.** Hold each point for 1 minute.

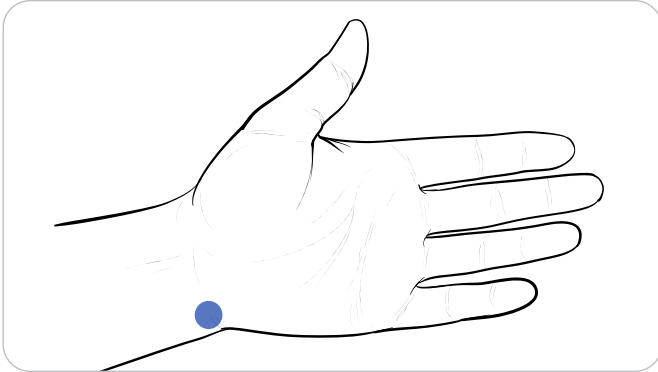
See instructions on [page 2](#).

Notes

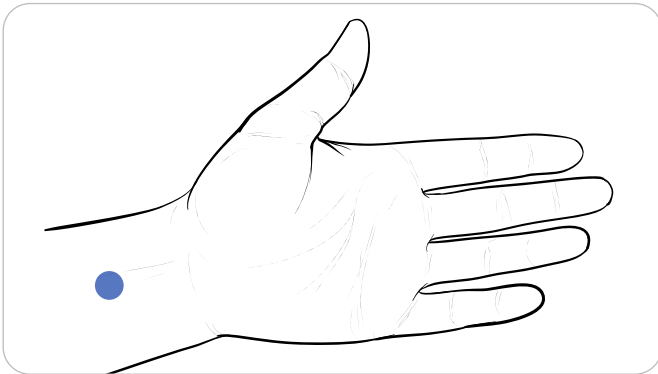
5 points in 5 minutes:

Hold the points on both the right and left sides of the body.

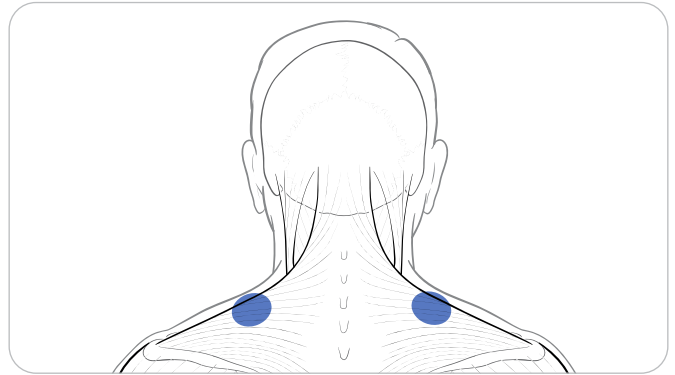
Heart 7 (Gateway of Spirit): Use your index finger to trace down the outside of the pinky finger to the outer crease of the palm.



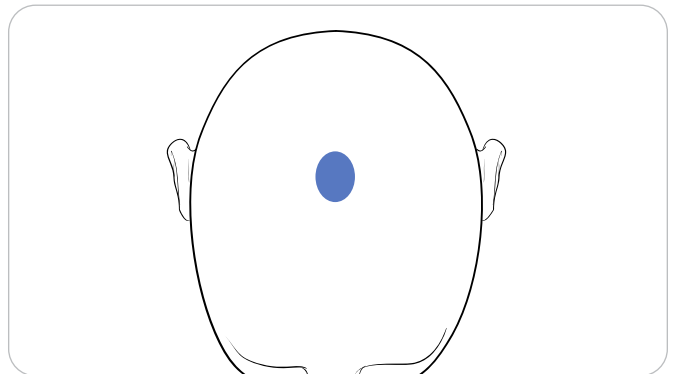
Pericardium 6 (Connecting Net of Inner Chambers): Place your index finger 2 finger-widths above the palm between the 2 inner tendons.



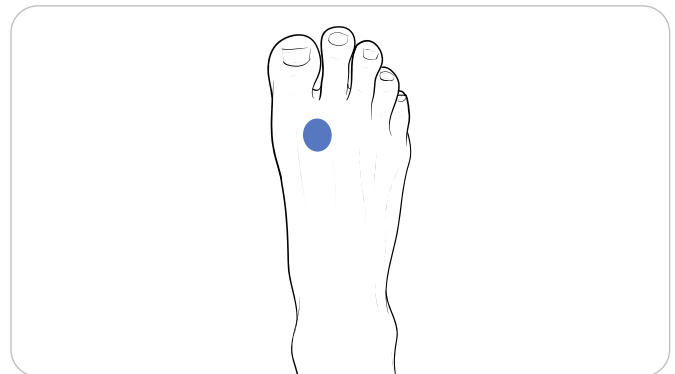
Galbladder 21 (Shoulder Well): Place your thumbs midline at the base of the neck where it meets the top of the shoulders. **Do not do this acupressure point during pregnancy.**



Governing vessel 20 (Meeting in Grand Unity): Use your fingers to press midline at the top of the head.



Liver 3 (Supreme Surge Forward): Use your thumb and index finger to gently squeeze 1 finger-width below the webbing between the big and second toes.



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Also available in Spanish.