



A collaboration among the University of Minnesota,
University of Minnesota Physicians and Fairview Health Services

Acupressure for Stress and Anxiety

This is a short guide to teach you some gentle acupressure techniques to help manage symptoms of stress and anxiety. Acupressure is a gentle, noninvasive way to stimulate acupuncture points on the body. These are great self-care tools you can use on yourself, a loved-one or patient if you are a health care provider.

There are exact locations for acupuncture points, however, when doing acupressure you do not need to worry about exact location. You should apply gentle pressure to the area, either pressing straight down, rubbing in a circular motion, or even tapping with the fingertips. At no time should the pressure be painful. However, you may feel some tenderness or soreness in the area of the point. This is a normal reaction and often means you are in the correct location.

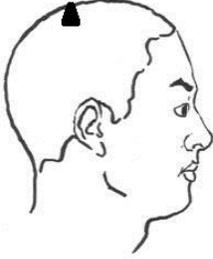
It is recommended to perform acupressure on this sequence of points, starting from the head and working your way down the body, ending with the points on the feet. Spend anywhere from a few seconds to a few minutes on each point. As you move along the body, you may take extra time at any location where you feel is needed. You may skip points along the way, and try different combinations to see what feels good for your individual body and situation. You can do this several times throughout the day. Throughout the entire process, maintain gentle and relaxed deep breathing.

*The content of this hand out is not intended to diagnose, treat, or cure any disease, nor is it a substitute for medical care. If at any time you are experiencing pain or discomfort associated with this practice, please discontinue and consult with your physician.

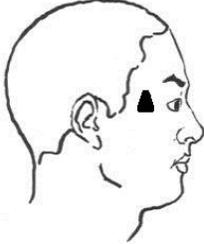
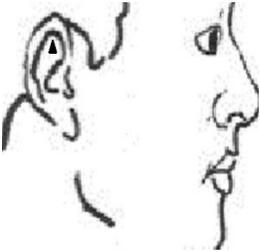
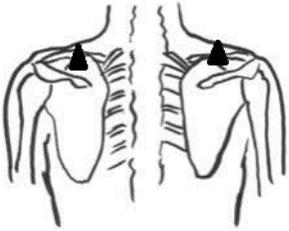


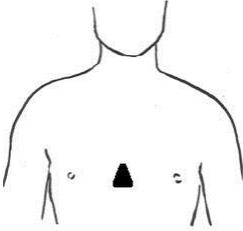


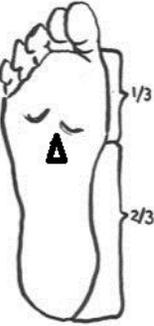
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 A line drawing of a human head in profile, facing right. A small black triangle is placed on the top of the head, between the two ears, indicating the location of the Du 20 acupoint.	<p>Du 20 - On the top of the head. Place your thumbs on the top of each ear and reach your middle fingers together. At this midpoint at the top of your head, find the tender spot and press down with your fingertip. You can add more pressure with another finger on top, if desired.</p>
 A line drawing of a human face from the front. A small black triangle is placed on the forehead, on the midline, roughly halfway between the forehead and the hairline, indicating the location of the Du 24 acupoint.	<p>Du 24 - Located within the hairline, roughly half a thumb width from the forehead, on the midline of the forehead straight up from the bridge of the nose.</p>
 A line drawing of a human face from the front. A small black triangle is placed on the forehead, on the midline, directly between the eyebrows, indicating the location of the Yin Tang acupoint.	<p>Yin Tang - Above the bridge of the nose, midway between the eyebrows. Press inward and slightly down.</p>



	<p>Tai yang - In the depression at the temples. Circular massaging works well. If you tend to clench your teeth, you can also work down from the temples along the muscles of the jaw to release tension.</p>
	<p>Shen Men - General gentle massaging of the ears. The ears are covered with dozens of acupoints and you can stimulate the entire body from the ear.</p>
	<p>Gb 21- Halfway between the shoulder joint and the spine, in the belly of the trapezius muscle. Find the tender spot at the peak of the muscle. You can also have a partner apply pressure to this point with an elbow while you roll your head in wide circles to release neck tension.</p>

	<p>Ren 17 - On the midline of the sternum, located approximately level with and midway between the nipples. Find the tender spot.</p>
	<p>Pc 6 - Between the tendons on the inside of the wrist, located three finger widths above the crease of the wrist. This point is easily stimulated by wrapping your four fingers around the back of the wrist and using your thumb to press the point between the tendons. If you have a hard time feeling the tendons, making a fist will help you find them.</p>
	<p>Ht 7 - Directly on the inside crease of the wrist, just off the bony prominence inside of the hollow that falls between pinky and ring fingers.</p>

	<p>Liv3 - On top of the foot, the tender point in the depression roughly between the large knuckles of the big toe and second toe.</p>
	<p>Ki1 - Located on the sole of the foot, in the depression below the ball of the foot. Using a thumb or knuckle to press into the depression is the easiest way to stimulate this point on yourself or someone else.</p> <p>A partner can easily stimulate both Liv3 and Ki1 at the same time by holding the foot with the thumb on Ki1 point and index or middle finger on Liv3 point.</p>