

# Acupressure for Anxiety and Stress

## Acupressure

Acupressure is part of an ancient medical system called traditional Chinese medicine. You can perform acupressure on yourself to help restore balance to your body, mind and spirit. It can help to reduce stress and create a sense of calm and peace.

## How Acupressure Works

Acupressure moves Qi (pronounced “chee”) energy through your body along channels. When you are healthy, the Qi moves energy freely. When you are in pain, sick or emotionally upset, Qi can become stuck. Acupressure unblocks this stuck Qi.

## Acupressure Points

The following acupressure points may help to relieve anxiety and stress.

### ■ chest point

This is the small indent in the center of your breastbone, just above the nipple line in the center of your chest.

### ■ forehead point

This is on your lower forehead, where the top of your nose meets your forehead.

## How to Do Acupressure

- Use the fingers of one hand to find your chest point:
  - In the center of the breastbone, on the nipple line, find a small indent on your breastbone. You should feel tenderness when you touch the point.

- Use 3 fingers of your other hand to find your forehead point:

- Place your ring finger on the indent where the top of your nose and forehead meet. Place your middle finger directly between your eyebrows and your pointer finger on the lower forehead.



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- Practice deep breathing while holding these points 1 to 2 minutes. Try imagining that your in breath flows into the forehead point and your out breath flows out of the chest point.
- Imagine any anxiety or stress melting away with each breath out.

## Who Should Not Do Acupressure

Do not do acupressure if you have a condition that could be made worse by applying pressure such as having an IV in that area, bruising, arthritis or bone disease.

Do not stop taking your current medicines.

## Whom to Call With Questions

Talk with your health care provider if you have questions.