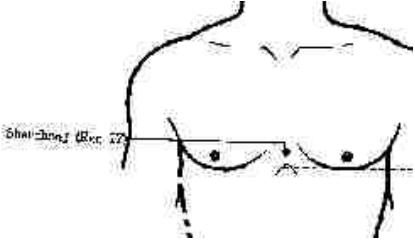
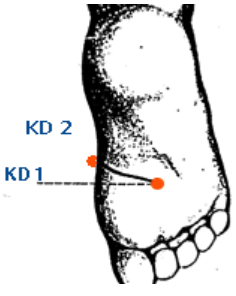
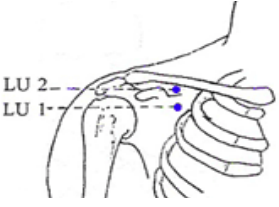

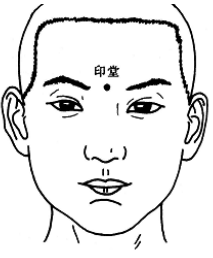



Self-Acupressure for Anxiety Prevention

First shake out and relax your body. Get into a comfortable position. Then, gently press and hold these points, while breathing deeply, 3-5 minutes each point. In total, aim for 15+ minutes per day.

	<p>Ren-17 (“Chest centre”): An excellent point during an anxiety attack, and for prevention too. It’s four finger-widths up from where the bottom of your breastbone meets your ribcage. Breathe into your heart. Good for anxiety, panic, depression, sadness, opening the chest, cough, tiredness, moving stuck Qi, etc.</p>
	<p>KIDNEY-1 (“Gushing Spring”): On the sole of the foot, where there’s an indent when you point your toes (1/3 of the way to the heel). Massage with your hands, or step on a tennis ball to stimulate. Excellent for reducing panic and anxiety, bringing energy down, headache, nausea, insomnia, depleted Original Qi, chronic sore throat, low back pain. Can use during attack.</p>
	<p>LUNG-1 (“Middle Palace”): Use all of your fingertips to hold the upper, outer chest area on both sides, 3 finger-widths below your collarbone. Cough, asthma, breathing, emotional pain and numbness, heartache, sadness and loss, letting go, depression.</p>
	<p>PERICARDIUM-6 (“Inner Gate”): Middle of the inside forearm, three finger-widths from the wrist crease. Widely-used point for many functions – nausea/vomiting, anxiety, insomnia, racing heart, opening the chest, moving stuck Qi, emotional balance, and relationship to self.</p>
	<p>YIN TANG (“Hall of Impression”): Touch and hold gently. Between the inner ends of the eyebrows. At the 'third eye' and 'upper Dan Tian' – increases intuition, insight and peace. Calms the spirit, treats insomnia, anxiety, agitation, stress, headache, sinuses.</p>
	<p>KIDNEY-27 (“Shu Mansion”): Just under the collarbone, about 3 finger-widths out from the midline of your body. Good for panic and anxiety, nausea, coughing, throat, chest and back pain or tightness.</p>