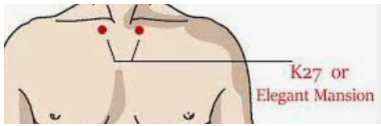


## ANXIETY AND STRESS RELEASE POINTS

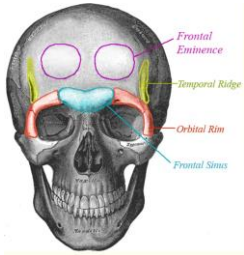
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In our daily life, anxieties and stress are regular occurrences. However, sometimes it surprises us when symptoms of anxiety and stress overload our senses and overwhelm our beingness.

Here are some helpful anxiety and stress release points that I have accumulated from various resources throughout my training and practices.



- Be seated, lying down or standing. Place a finger into your navel (for grounding or earthing), through your clothing if you prefer. Then, with your forefinger and thumb of your other hand, apply pressure to the K27 points, also known as the Elegant Mansion point. The K27 points are the two indentations on either side of the sternum, about 5cm below the collarbone. Keep holding the pressure for about a minute or so.



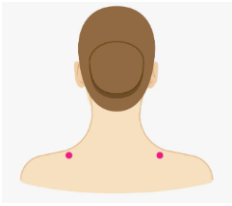
- Be seated, lying down or standing. Place a finger into your navel (for grounding or earthing), through your clothing if you prefer. Then, with your forefinger and thumb of your other hand, apply pressure to the frontal eminences (the two rounded elevations on the frontal bones that lie about 3cm above the supraorbital margin); this is above the eye sockets on the top part of the forehead.



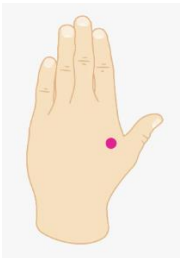
- Be seated, lying or standing. Apply the pressure to the Hall of Impression point, which lies between the eyebrows. It helps if you close your eyes. Firmly apply the pressure in a circular motion for a minute or so, or until the stress or anxiety has passed.



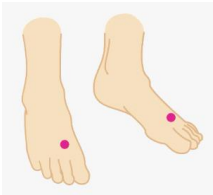
- Be seated, lying or standing. Apply the pressure to the Heavenly Gate points, located in the ear's upper shell, at the tip of the triangular-like hollow on the top. Stimulating this point is said to help relieve anxiety, stress and insomnia. Firmly apply the pressure in a circular motion for as long as required.



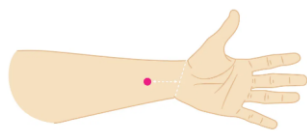
- Be seated or standing. Apply the pressure to the Shoulder Well point on either side of the back of the neck. To locate this point, pinch your shoulder muscle with your middle and thumb. The middle finger is where the point is located in the back. Firmly pressure and massage the point and release. Repeat several times or until the tension or headache has passed. Be aware that this point also induces labour.



- Be seated, lying or standing. To locate the Union Valley point, find the webbing between the thumb and index finger on the hand. Stimulating this point helps reduce stress, headaches and neck pain. Massage and apply the pressure to this point while taking slow, deep breaths. Be aware that this point also induces labour.



- Be seated or standing. Locate the Great Surge point on the foot, which is about two or three fingers width below the big toe and second toe intersection. This point lies in the hollow just above the bone. This point helps to reduce anxiety, stress and insomnia. Apply pressure to this point and massage for about a minute or so.



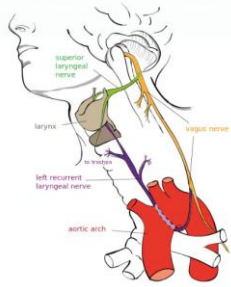
- Be seated or standing. Find the Inner Frontier Gate point on the inner arm. It lies about three fingers width below the wrist, centrally along the arm in the hollow between the tendons. This point helps to reduce anxiety and stress, including nausea and pain. Hold the pressure and massage for about a minute or so.



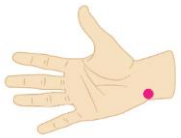
- Be seated, lying or standing. Find and locate the Welcome Fragrance point, which is located on the outside of each nostril, near the bottom of the cheekbone. It helps to smile to locate this point. Apply a deep, firm pressure or use a circular motion for about a minute or so.



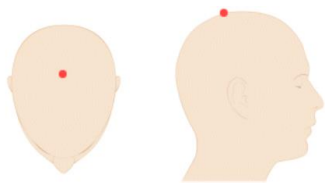
- Be seated or standing. Apply the pressure to the Gates of Consciousness point, which is the GB20 point, just below the ears, in the back of the head. It is the two hollows on the sides of the neck at the base of the skull. Trace your fingers around the back of the head, gently cup the skull with your hands, and place the thumbs in the hollows at the base of the neck, where it naturally rest. Press firmly here for about a minute or so.



- Be seated or standing. Apply the pressure to the Vagus Nerve point, which is located on the right hand, on the inside of the pinky. The vagus runs from the brain through the face, into the throat to the thorax and to the abdomen. It is a mixture of nerves that make up the parasympathetic fibres. Press and hold firmly on the inside of the pinky for 30-60 seconds or until the anxiety is passed.



- Be seated or standing. Apply the pressure to the Spirit Gate point, which is located on the crease of the wrist; it lines up with the space between the ring and the pinky finger. Apply pressure to this spot to alleviate anxiety, insomnia, heart palpitations, and depression.



- Be seated or standing. Apply the pressure to the Hundred Meeting point or DU 20. At the top of the head, where other meridians joined, is an internal pathway where energy converges. To find this point, place your fingers at the top points of your ears and trace a line to the top of the head, at the centre of the head. Massage this area and apply gentle pressure here to feel a calming effect and reduces anxieties.