

# Anxiety Relief Through Acupressure

**How to Reduce Anxiety with  
Acupressure and Breathing Techniques**



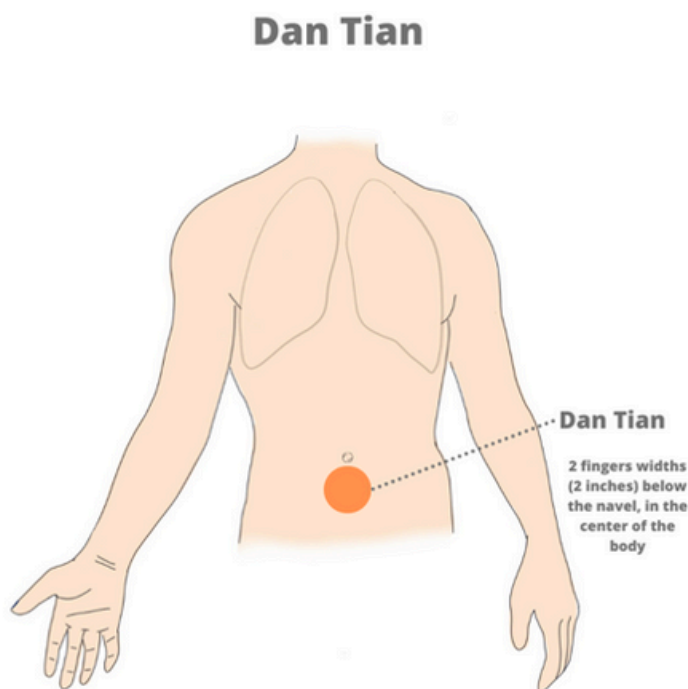
Anxiety is a common experience for many people. Acupressure, Qigong and mindful breathing can provide quick and effective relief. These practices are simple and easy to integrate into your day, bringing calm and balance when you need it most.

***The best part is once you learn these techniques,  
you can use them anytime you want!***

## STEP 1

### Ground Yourself with Deep Diaphragmatic Breathing

Diaphragmatic breathing, also known as 'belly breathing,' calms the nervous system by activating the body's relaxation response. In Qigong, this is referred to as Dan Tian breathing. The Dan Tian is an energy center located in the lower belly, slightly below the navel.



#### INSTRUCTIONS:

1. Find a comfortable space to sit or lie down.
2. Place one hand on your chest and the other on your abdomen.
3. Take a slow, deep breath in through your nose, allowing your abdomen to rise as you fill your lungs. Keep the hand on your chest
4. as still as possible.
5. Exhale slowly through your mouth, letting your abdomen fall.
6. Repeat for 3-5 minutes, focusing on the rise and fall of your breath.

If your shoulders rise as you inhale, that's okay. With practice, try to release tension in your shoulders and chest and shift your breathing into your belly. This technique helps reduce cortisol levels and moves stagnant Qi. The more you practice, the more effective it will be!

## STEP 2

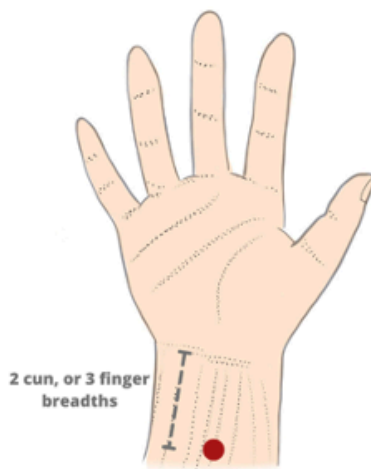
### Acupressure Point Stimulation

Acupressure involves applying gentle pressure to specific points on the body to stimulate energy flow and relieve tension. Here are three acupressure points ideal for reducing anxiety and promoting calm:

#### 1. PERICARDIUM 6 (NEIGUAN - INNER GATE)

This point is one of the most commonly used acupressure points, and for good reason! It helps with many aspects of physical health, and moves Qi strongly!

#### PC 6 - Nei Guan - Inner Pass



On the wrist, 2 cun above the wrist crease,  
between the tendons of palmaris longus and  
flexor carpi radialis muscles

#### BENEFITS:

Helps relieve anxiety, nausea, motion sickness, chest tightness and emotional discomfort.

#### LOCATION:

On the inner forearm, about three finger-widths below the wrist crease, between the two tendons.

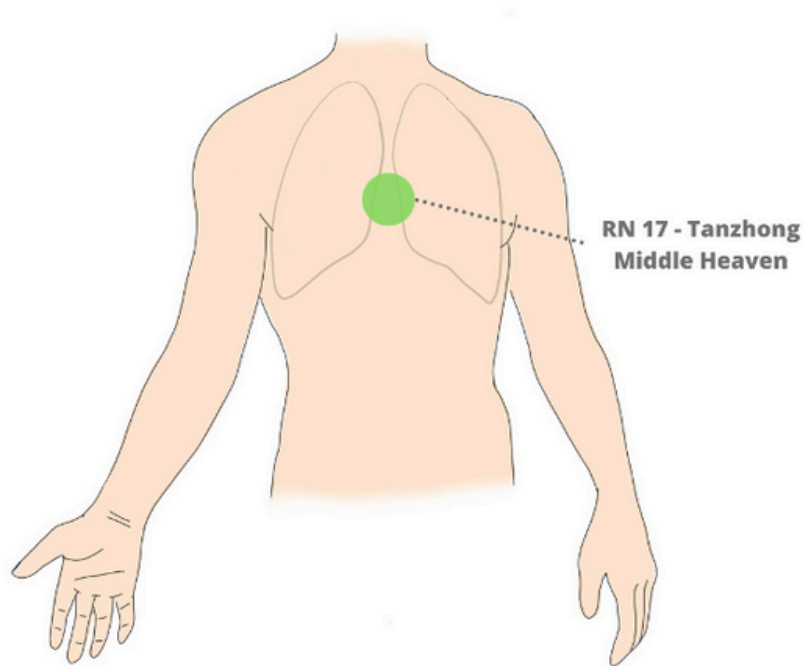
#### TECHNIQUE:

- Use your thumb to press this point for 1-2 minutes on each wrist.
- Apply constant pressure or use circular motions.
- You may feel a sensation traveling up your arm.

## 2. TANZHONG (CV 17 - SEA OF TRANQUILITY)

This is an excellent acupressure point for relieving anxiety, calming worry, and improving overall emotional well-being. It is also helpful for Qi and blood circulation through the chest and heart health.

### Tanzhong RN -17 - Sea of Tranquility



#### **BENEFITS:**

Relieves anxiety, calms worry, improves emotional well-being, and supports Qi and blood circulation in the chest.

#### **LOCATION:**

At the center of the chest, on the midline of the body, at the level of the fourth intercostal space (approximately in line with the nipple).

#### **TECHNIQUE:**

- Lightly tap the Tanzhong point with your fingertips.
- Alternatively, press your palms together in a prayer position and tap the Tanzhong point with the sides of your thumbs.
- Focus on stimulating the general area (precision is not critical).

### 3. KIDNEY 1 (YONGQUAN - BUBBLING SPRING)

This point is well known for its ability to calm the mind and restore balance to the body's energy. It's great for grounding, settling an overactive mind, and staying rooted to the Earth.

#### KD 1 - Yong Quan - Bubbling Spring



**On the sole of the foot, between the second and third metatarsal bones, one-third the distance from the webs of the toes to the heel.**

#### **BENEFITS:**

Calms the mind, grounds energy and restores balance to the body.

#### **LOCATION:**

On the sole of the foot, in the depression just below the ball of the foot.

#### **TECHNIQUE:**

- Sit comfortably and use your thumb to apply pressure to this point for 1-2 minutes on each foot.
- Alternatively, roll your foot over a tennis ball applying firm but comfortable pressure.

## STEP 3

### Combine Breathing and Acupressure

To enhance your results, pair acupressure with diaphragmatic breathing. Focus on the sensations of pressure and the rhythm of your breath, creating a harmonious flow that increases relaxation.

## STEP 4

### Visualization

To maximize the benefits, combine breathing, acupressure, and visualization. While breathing and stimulating the acupressure points, incorporate imagery or affirmations.

- Imagine a warm, soothing energy spreading through your body.
- Visualize the state you want to achieve: peace, calm, resilience, presence, and flow.
- Use affirmations like: “I am calm and centered,” or “I am in a state of balance.”
- The clearer and more vivid your visualization, the greater the benefits!

## STEP 5

### Practice Daily

Consistency is key. Dedicate 5-10 minutes daily to these techniques, either as a morning routine to set a calm tone for the day or in the evening to unwind. Over time, this practice builds resilience to stress and reduces overall anxiety levels.

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***By incorporating acupressure and mindful breathing into your life, you are empowering yourself with natural and effective tools to help manage anxiety. Take a deep breath, practice these techniques, and feel your state of calm grow!***