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Pressure Points for Stress and Anxiety

1st point – YINTANG – this is the sometimes called "3rd eye" point that is located on the forehead, dead centre between the inner edges of both eyebrows. There is usually a small bone depression at this point, and sometimes it can feel a bit sensitive. It is easy to know when you're in the right spot, as the soothing effect is usually immediate. Wonderful for inducing a general calm state, it can also help relax a tired face and eyes, and may help quiet a stress headache.

2nd point – SHENMEN – also called "Heart 7", this is the source point of the heart, which in Chinese Medicine is thought to govern the mind and spirit. Hold your hand in front of your face with your palm facing you. On your wrist, at the corner of your palm directly below the base of your little finger, you should be able to see or feel a ropey tendon. Place the thumb of your opposite hand on this tendon, and roll your thumb inwards on the wrist. As your thumb sinks into a soft spot, you've found the point. Because it goes to the heart, this point is very useful when stress is causing uncomfortable feelings or palpitations in the chest, and is highly effective in anxiety or panic attacks.

3rd point – NEIGUAN – also called "Pericardium 6", this is a very versatile point that you may recognise from the travel bands people wear for motion sickness. This point is located about 3 finger breadths above the inner crease of the wrist, centred between two major tendons. Not nearly just for motion sickness, this point can be very useful when stress is causing any sort of digestive upset.