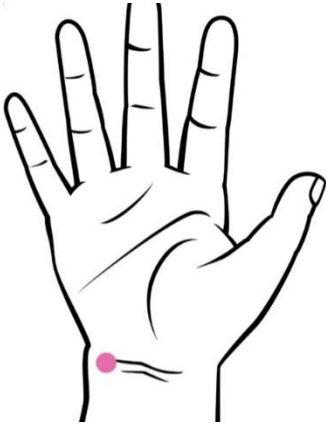
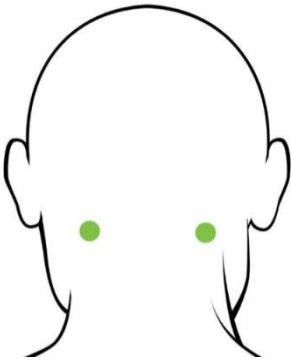


## Acupressure Points to Assist with Stress, Anxiousness and Calm



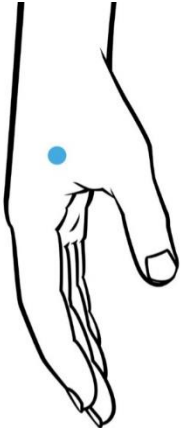
### **Location: Inner Gate/Nei Guan**

- calms the mind
- alleviates anxiousness
- helps nausea



### **Location: Wind Pool/Feng Chi**

- relaxation of the nervous system
- assist with tension headaches
- helps with dizziness



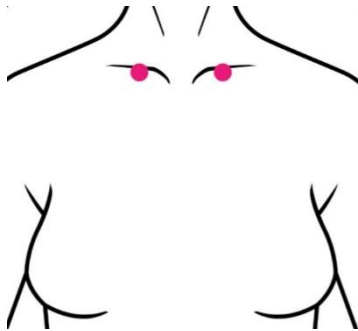
**Location: Joining Valley/He Gu**

-helps with tension in neck

-provides sense of calm

-assists congestions in sinuses

(DO NOT USE IF YOU ARE PREGNANT AS THIS POINT MAY INDUCE LABOR)



**Location: Spirit Storehouse/Shufu**

*located under the clavicle/collar bones*

-assists with fear

-helps with shortness of breath

-calms heart palpitations