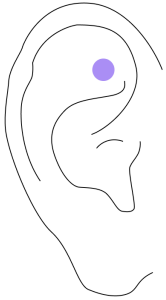


Pressure Points for Anxiety

Pressure points for anxiety are specific spots on the body that, when gently pressed or massaged, can help calm the nervous system. People usually use their index finger or thumb to apply light, steady pressure or slow circular motions on these points for a few minutes at a time. This technique offers a simple and natural way to manage anxiety symptoms and promote relaxation, especially when combined with other healthy coping strategies.

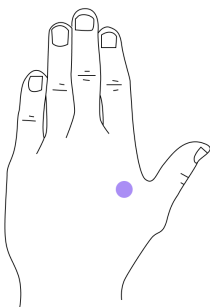
If you need a quick refresher on where these pressure points are located, check out the illustrations below.

1. Heavenly gate point



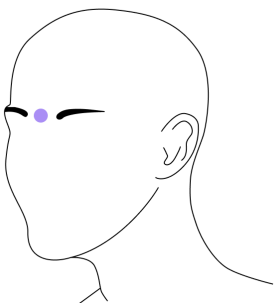
Benefits of massaging this pressure point: reduced anxiety, stress, and insomnia.

2. Union valley point



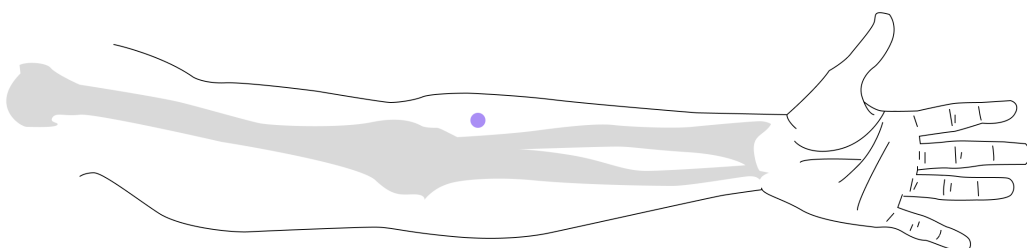
Benefits of massaging this pressure point: reduced anxiety and stress; eased neck pain and headaches.

3. Hall of impression point



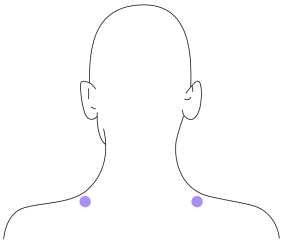
Benefits of massaging this pressure point: reduced anxiety and stress

4. Shou san li point



Benefits of massaging this pressure point: reduced anxiety and stress, shoulder pain relief, reduced neck tightness/stiffness

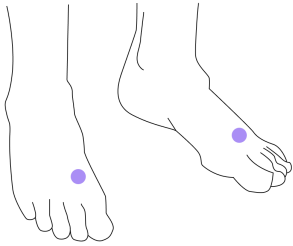
5. Shoulder well point or jian jing



Benefits of massaging this pressure point: reduced anxiety and stress, muscle tension relief

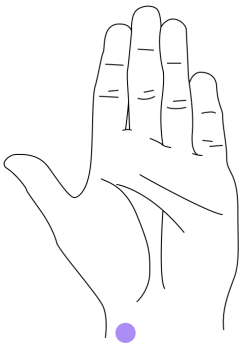
This one requires you to pinch both pressure points instead of simply applying pressure like you would for the other listed pressure points. Also, this isn't recommended for pregnant clients because it's possible to induce labor through these points.

6. Great surge point



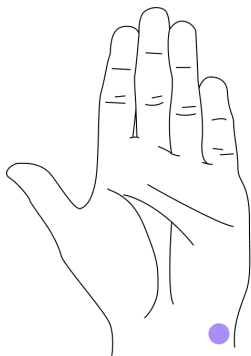
Benefits of massaging this pressure point: reduced anxiety, stress, and insomnia; eased menstrual cramps

7. Great abyss point



Benefits of massaging this pressure point: reduced anxiety and stress

8. Shen men point



Benefits of massaging this pressure point: reduced anxiety, stress, and insomnia; pain relief (including for inflammations)