
Acupressure and Qigong for Stress and Anxiety

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Licensed Acupuncturist



Acupressure and Qigong for Stress and Anxiety

Sometimes our being gets “stuck” in a stressed out or anxious state. Here are some techniques to get that “stuck” qi (energy) flowing in a healthy way again.

Acupressure: Applies pressure to points on the meridians (qi pathways) to get energy flowing again. Press with steady pressure, a rubbing motion, or tap. Press for 30 seconds to a few minutes, or until you feel a change.

Most points have an abbreviation based on their meridian (often an organ name) and their number on that line. They also have names, which describe what they do or where to find them.

Qigong: “Energy work.” Uses breath, intention, and movement to move qi.



Acupressure Points

GV 20 - Hundred Meetings

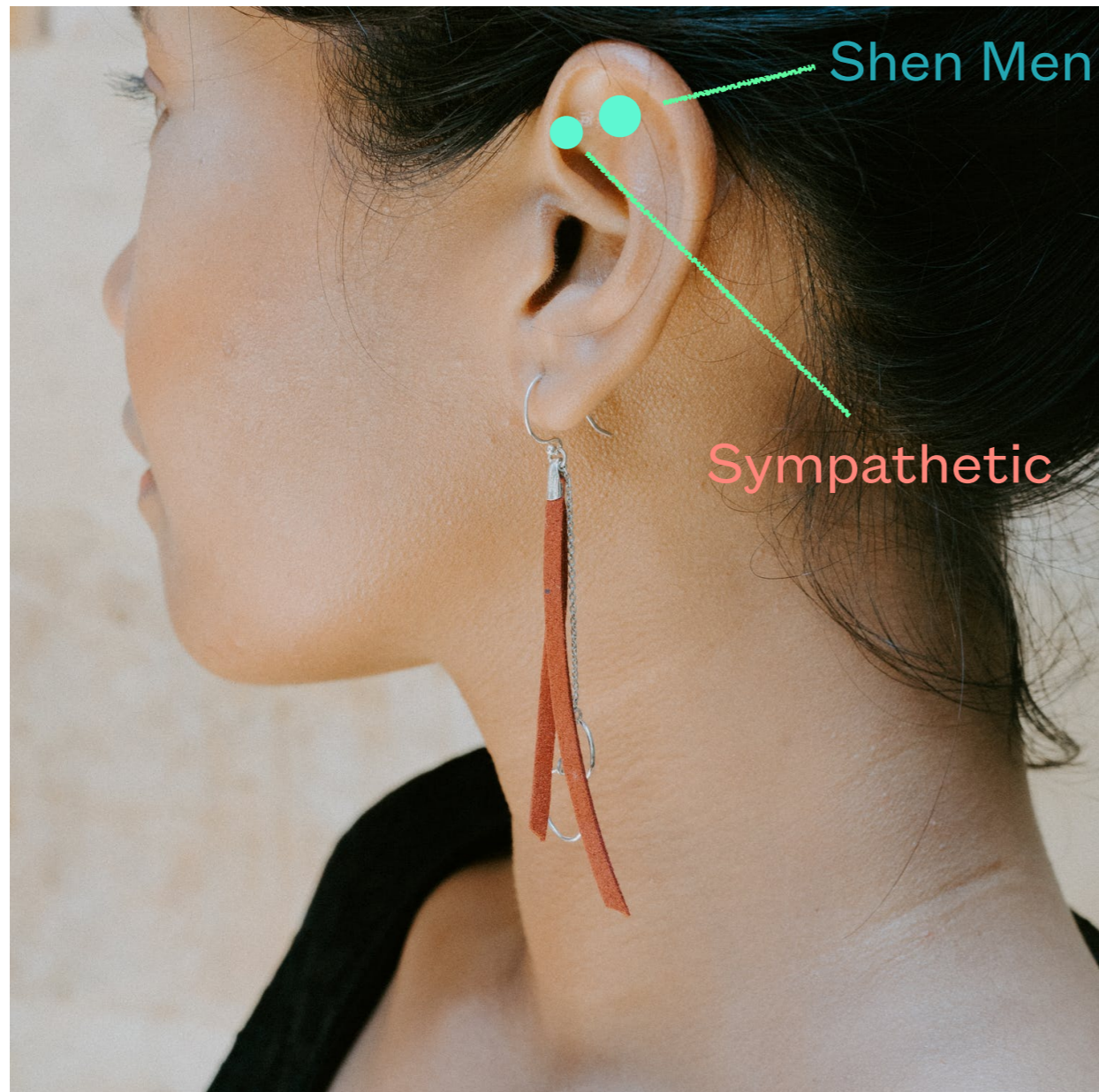
Top of the head



Helpful for:

- ★ Stress
- ★ Frustration
- ★ “Letting off some steam”
- ★ Stress headache
- ★ Anxiety
- ★ Mind racing
- ★ Getting in a deep breath

Ear points



Massaging the whole ear

Helpful for:

- ★ has points that relate to the whole body.
- ★ A general, whole-system treatment

Ear Shen Men “Spirit Gate”

in the space between the two branches of the cartilage “Y”

Helpful for:

- ★ Calming the mind
- ★ Overwhelm
- ★ Stress
- ★ Anxiety

Sympathetic Nervous System

follow the lower branch of the cartilage “Y” straight in towards your head

Helpful for:

- ★ Calming the “fight or flight”
- ★ Overwhelm
- ★ Anxiety

Gallbladder 21 -Shoulder Well

At the “top of the shoulder,” halfway out from the middle of your body



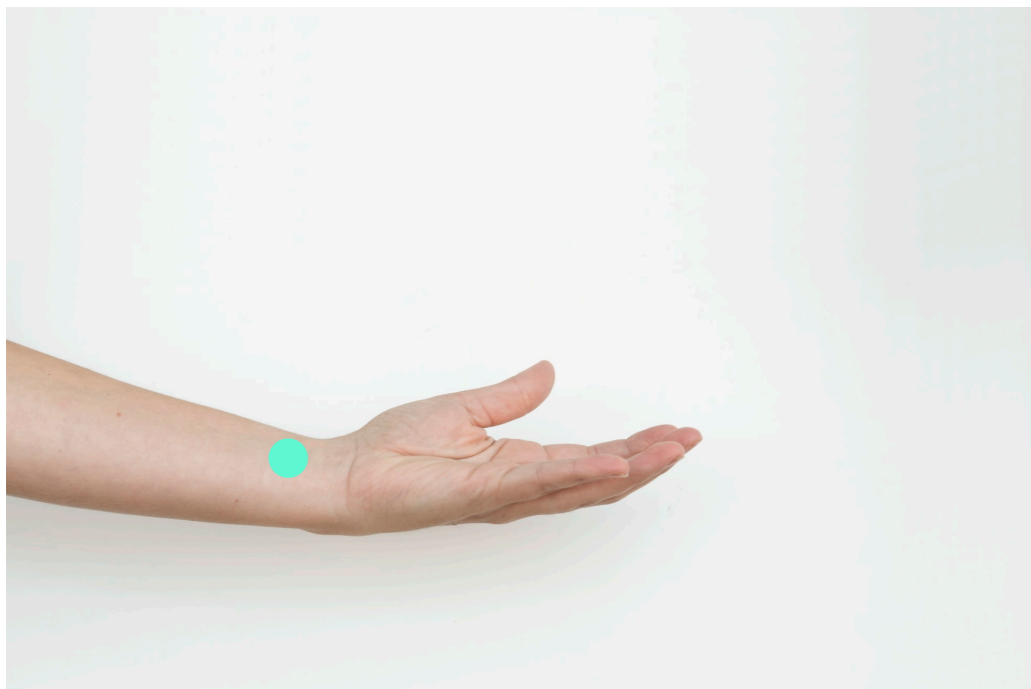
Do Not Use in Pregnancy

Helpful for:

- ★ “Holding your stress in your shoulders”
- ★ Neck & shoulder tension
- ★ TMJ
- ★ Tension headache
- ★ Ears ringing

Pericardium 6 Inner Gate

Middle of the inner wrist, just below where the wrist bone sticks out



Helpful for:

- ★ Anxiety,
- ★ Calming the mind
- ★ Heart racing
- ★ Palpitations and/or tight chest,
- ★ Hard to get a full breath in.
- ★ Nausea

Stomach 36 - Leg Three Mile

Measure 4 fingers below your knee cap, slightly outside your shin bone.



Helpful for:

- ★ Grounding and Nourishing
- ★ Anxiety and Fatigue
- ★ Lack of appetite,
- ★ Nausea

Liver 3 - Great Rushing

On top of the foot, in line with the space between big toe and next toe



Helpful for:

- ★ Stress
- ★ Muscle tension
- ★ Stress headache especially in temples or top of head.
- ★ “Pushing stuck things back into the current of the river - letting the current wash things away”

Kidney 1 - Bubbling Spring

Bottom of the foot, 1/3 down from the base of the toes



Helpful for:

- ★ Anxiety
- ★ Grounding
- ★ Mind racing
- ★ Bringing yourself down out of your head, getting in a deep breath

Qi Gong Exercise: Breathing into the Dantian

Dantian (literally “elixir field,” meaning a potent place). A few inches below your belly button.

Instructions:

- ★ Stand up straight with knees slightly bent (sitting optional).
- ★ With arms loose, have palms face the dantian.
- ★ Focus on the dantian, picture a ball of qi stored there at the root of your being.
- ★ Breathe in deeply - picture “heavenly qi” coming in and adding to the ball - let your hands move out slightly as the ball expands.
- ★ Breathe out fully - let the air out but keep most of that energy in your ball - let your hands come in slightly.
- ★ Breathe in and out, building that ball, for a few minutes or as long as you want.

Thank You!

We are so grateful to share this powerful medicine with you!

We are here with any questions!

Wishing you well,

Gabrielle Geib, L.Ac and Lance Isakov, L.Ac.

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