

This guideline will help you follow along as you listen to and practice the self-acupressure sequence described in the podcast, ***Self-Acupressure for Neck and Shoulder Tension***. Visit [www.HillPhysicians.com](http://www.HillPhysicians.com) to download this and other health podcasts, along with more tools to help you relax, manage stress, and achieve balance in mind and body.

## Relax...

**Position yourself.** Begin in a comfortable seated position, with your feet flat on the floor. Shift your weight in the chair so you sit with your spine long and your back straight.

**Breathe.** Begin by inhaling and exhaling through the nose. Gradually deepen the breath in and out as you begin to feel relaxed. Continue breathing in this way a few more times.

**Massage the shoulders.** Bring both hands to the tops of the shoulders and begin to knead and massage the muscle. Press the fingers firmly into the muscle and massage back and forth while breathing deeply.

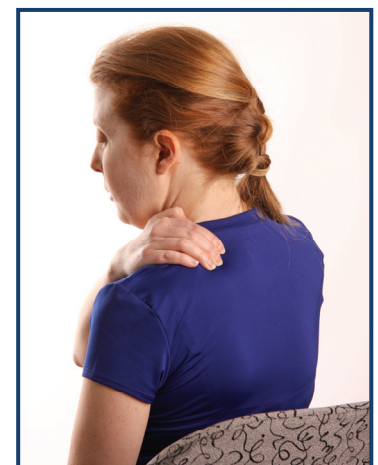
**Prepare for your practice of self-acupressure.** Relax your hands and place them lightly in your lap. Close your eyes and take a deep breath in. As you exhale, relax your shoulders down, away from your ears.

## Finding the Points...



**Shoulder Well\*:** Cross your right hand to your left shoulder and feel along the top of the shoulder for this acupressure point located about two finger widths out from the neck. Find where you feel the most tension here and place your fingers on top of the muscle and press down toward the floor. Breathe deeply. After 1-3 minutes of acupressure, relax the right hand back down in your lap. Now try the other side, crossing your left hand to your right shoulder and feel along the highest point of the shoulder and press down into the muscle.

**Heavenly Rejuvenation:** Reach your right hand over your left shoulder; curve your fingers and hook them into the muscle one half inch below the top of the shoulder. Press directly into the muscle here, just above the top of the shoulder blade. Breathe deeply. Release pressure from the point slowly and then repeat on the other side, relaxing your right arm. Take the left arm across to the right shoulder and reach behind to stimulate the acupressure point in the muscle.

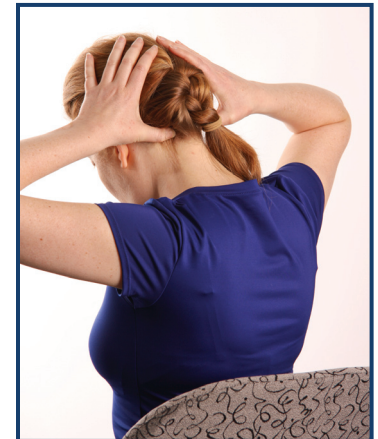


**\*Caution:** The location of this point requires that pregnant women take caution when applying constant or firm pressure; press lightly if pregnant.

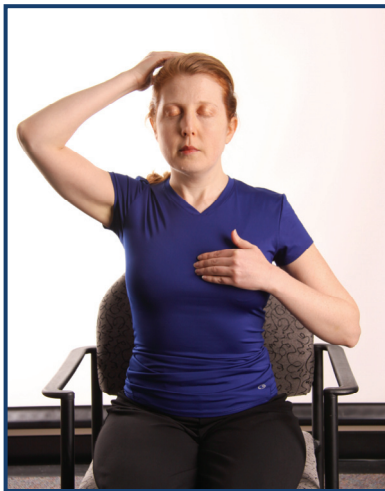


**Heavenly Pillar:** Next, place the fingers at the back of the neck and on the muscle one half inch out from the spine. Using the index finger, middle and ring fingers of both hands, press into the thick muscles of the neck here. Breathe deeply.

**Gates of Consciousness:** This point is located above where you were just pressing, in the hollow spots found at the base of the skull. With your thumbs, feel the base of your skull for these indentations and gradually press up into these hollows. Breathe deeply and direct the pressure toward the center of the head. Release pressure from the points slowly then bring the hands down in your lap. Close the eyes and breathe.



**Relax briefly, and then move on to the final points.**



**Finishing points for relaxation and renewal:** Bring your right hand up to the top of your head. Press the top of the head with four fingers and just relax the thumb.

With your left hand, place the fingers or even the palm of your hand on the center of your breastbone, in the center of the chest.

Hold both points with gentle, firm pressure and close the eyes. This combination helps to relieve nervousness, anxiety, frustration, irritability and depression. Continue the breath in a pace that is comfortable for you.

**End Your Session.** When you are ready, release the pressure and relax the hands once more. Inhale and reach the arms up over head and stretch, waking up the body, and then exhale and let the arms float back down. Enjoy acupressure's benefits throughout the day.

**With more practice of acupressure, you will feel more balanced in mind and body.**