

This guideline will help you follow along as you listen to and practice the self-acupressure sequence described in the podcast, ***Self-Acupressure for Stress Relief***. 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.

**Calm your body.** Now bring the hands together. Rub the palms briskly, to create warmth between the hands. Once your hands feel warm, move them apart and circle your fingers, by rotating your hands from your wrists. Breathe deeply and continue the slow, gentle movement.

**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.

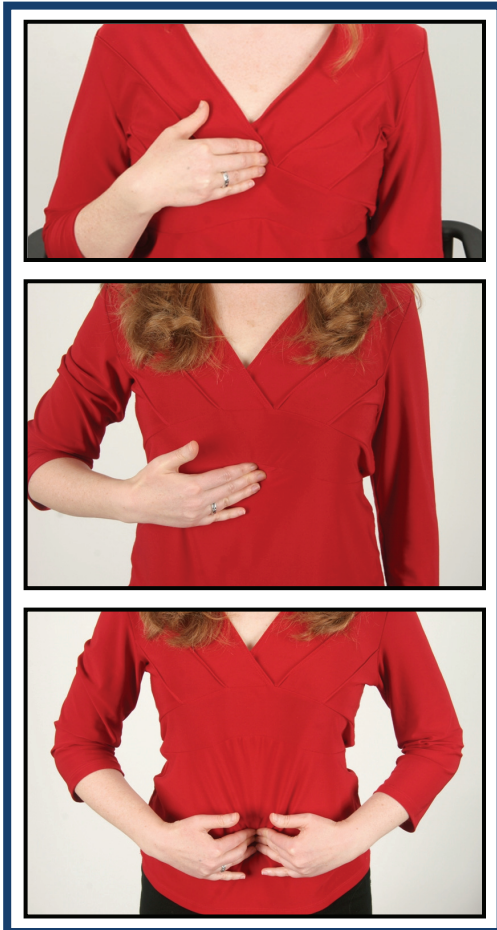
## Finding the Points...

**First Point:** Raise your right hand and place your fingers on top of the center of your head. Walk your fingers back into the indentation on the crown of your head. Hold this point with the pads of the fingertips using gentle, firm pressure.

**Second Point:** Continue holding this point at the top of your head, and lift the left hand. Now place the fingertips of the left hand directly between the eyebrows, in the indentation where the bridge of the nose meets the center of the forehead.

**Breathe deeply** with the eyes closed and relaxed. Continue to hold for as long as you feel comfortable, still breathing deeply. Then gently release pressure from both points and bring the hands down to the lap.





**Sea of Tranquility:** Bring your right hand to the center of your chest. Place your fingertips or the palm of your hand on the center of your breastbone, and apply gentle, firm pressure.

**Center of Power\*:** This point is located below the base of the breastbone and above the belly button. Place the pads of your fingertips here and gently hold.

**Sea of Energy\*:** The next point is located two finger widths below the belly button, in the center of the lower belly. Now use both hands to apply pressure to this area.

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

**Inner Gate:** Find this point on your right arm by placing your left thumb on the inside of the forearm, two to three finger-widths from the wrist crease, in the center of its width.

**Outer Gate:** Wrap your fingers to the outside of your right forearm. Find the point two to three finger-widths from your wrist crease, at the center of the arm's width.

After applying gentle, firm pressure to both the Inner and Outer Gate points on your right, switch to find the same points on your left arm.

**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 your day.

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



**\*Caution:** The position of this point requires that users take caution when applying constant or firm pressure. Do not hold this point if you have a chronic or life-threatening illness such as heart disease, cancer or high blood pressure. To avoid discomfort, hold this point for no more than 2 minutes, only on a fairly empty stomach.