

Acupressure Points for Stress Relief



Two Points at Base of Skull

Interlace your fingers, place your hands behind your head, and with your thumbs press the two points at left and right sides of the base of the skull in the indentation between the muscles and bones.



Third Eye Point

Feel for a sensitive area in the indentation between the eyebrows where the nose connects with the forehead.



Point in the Outer Wrist

Press point in the indentation on the outside of the crease of the wrist, down from the small finger.



Point on Top of the Shoulders

With the fingertips of both hands, hold the points on top of the shoulders. The arms may be crossed if this position is more comfortable.



Sore Spot

Locate a sore spot in the left side of the chest about 2-3 inches down from the collar bone and about 2 inches to the side of the sternum.

More Acupressure Points

Two Points on Eyebrow-Nose Ridge

Look for these two points on the face where the bridge of the nose meets the ridge of the eyebrow: above and behind the area where eyeglasses rest on the nose.

Two Points on Back of Neck

These points are located approximately a half an inch below the base of the skull between the muscles of the neck, about one half inch outward from either side of the spine.

One Point at Base of Skull

This point is found at the base of the skull at the center of the back of the neck.

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