

6 Pressure Points for Anxiety Relief

Understanding Anxiety

Most people experience anxiety at some point in their life. You might experience mild symptoms when facing a challenging or stressful situation. You might also have more severe, long-lasting symptoms that impact your daily life, including:

- feelings of panic, fear, or worry
- restlessness
- difficulty concentrating
- difficulty falling asleep or staying asleep
- fatigue
- irritability
- nausea, headaches, or digestive concerns
- feeling a lack of control
- muscle tension

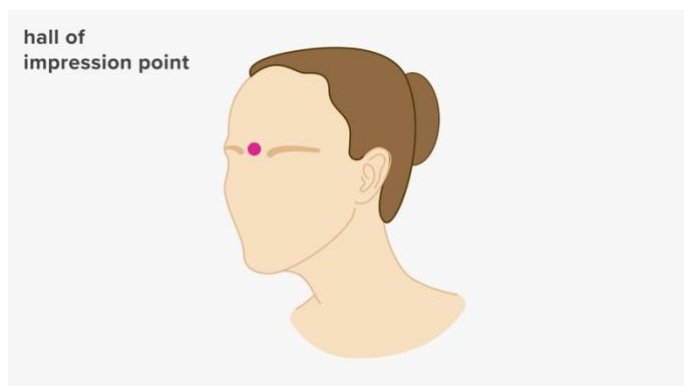
Anxiety is typically treated with therapy, medication, or a combination of both. There are also several alternative treatments, including acupressure, that can help.

Acupressure is a form of traditional Chinese medicine that may provide temporary relief from anxiety symptoms. It involves stimulating pressure points in your body, either on your own or with the help of a professional.

Read on to learn about six pressure points you can try for anxiety relief.

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1. Hall of impression point

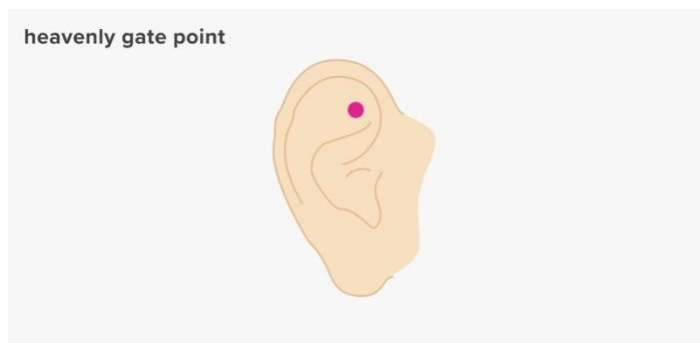


The hall of impression point lies between your eyebrows. Applying pressure to this point is said to help with both anxiety and stress.

To use this point:

1. Sit comfortably. It can help to close your eyes.
2. Touch the spot between your eyebrows with your index finger or thumb.
3. Take slow, deep breaths and apply gentle, firm pressure in a circular motion for 5 to 10 minutes.

2. Heavenly gate point



The heavenly gate point is located in the upper shell of your ear, at the tip of the triangle-like hollow there.

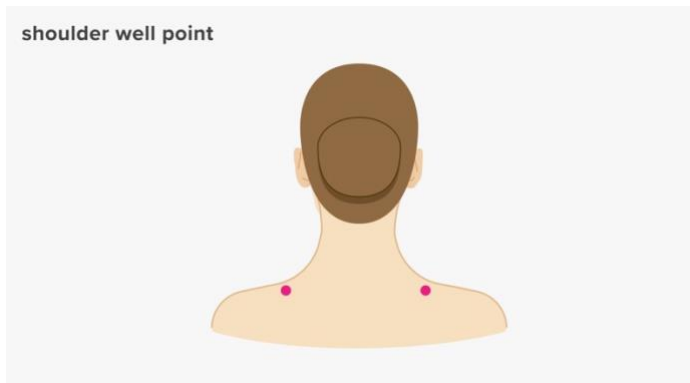
Stimulating this point is said to help relieve anxiety, stress, and insomnia.

To use this point:

1. Locate the point in your ear. It might help to use a mirror.
2. Apply firm, gentle pressure in a circular motion for two minutes.

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3. Shoulder well point



The shoulder well point is in your shoulder muscle. To find it, pinch your shoulder muscle with your middle finger and thumb. This pressure point is said to help with relieving stress, muscle tension, and headaches. It can also **induce labor**, so don't use this point if you're pregnant.

1. Find the point on your shoulder muscle.
2. Pinch the muscle with your thumb and middle finger.
3. Apply gentle, firm pressure with your index finger and massage the point for four to five seconds.
4. Release the pinch as you massage the point.

4. Union valley point



You find this pressure point in the webbing between your thumb and index finger.

Stimulating this point is said to reduce stress, headaches, and **neck pain**. Like the shoulder well point, it can also **induce labor**, so avoid this point if you're pregnant.

1. With your index finger and thumb, apply firm pressure to the webbing between the thumb and index finger of your **other hand**.
2. Massage the pressure point for four to five seconds, taking slow, deep breaths.

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5. Great surge point

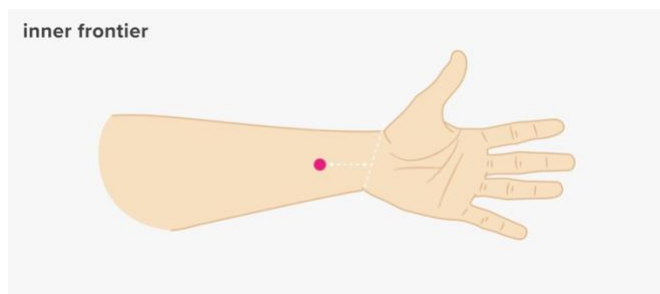


The great surge pressure point is on your foot, about two or three finger widths below the intersection of your big toe and second toe. The point lies in the hollow just above the bone.

This pressure point may help to reduce anxiety and stress. You can also use it for pain, [insomnia](#), and menstrual cramps.

1. Find the point by moving your finger down straight down from between your first two toes.
2. Apply firm, deep pressure to the point.
3. Massage for four to five seconds.

6. Inner frontier gate point



You can find the inner frontier gate point on your arm, about three finger widths below your wrist.

Stimulating this point may help to reduce anxiety while also relieving nausea and pain.

1. Turn one hand so your palm faces up.
2. With your other hand, measure three fingers below your wrist. The point lies here, in the hollow between the tendons.
3. Apply pressure to the point and massage for four to five seconds.