




Krista George

Registered
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acupressure points
for stress and anxiety



yin tang

"Hall of Impressions"



Location: between the inner eyebrows (third eye area)

Function: It can be used for headaches, allergies, sinuses, vertigo, heavy sensation in the head, anxiety, insomnia, stress, and eye disorders.


Ren 17

"Chest Center"



Location: center of the breastbone, at the fourth intercostal space (space between ribs)

Function: powerful point for heart health in TCM. It is also an excellent point for releasing anxiety and fear, and is also useful for acid reflux.



To stimulate the points, use a finger to apply gentle pressure or try making small circles with your finger for 3-5 minutes.

Additionally for REN17; place one hand over the point & the other about two inches below your navel and rest (for as long as feels comfortable).

