

ACUPRESSURE FOR CALM, BALANCE & EMOTIONAL WELL-BEING

This workbook combines acupressure, mindfulness, the power of suggestion, and journaling practices to help support relaxation, emotional balance, focus, and overall well-being. Practice consistently and use the exercises that resonate most with you.



TECHNIQUE 1: YINTANG (THIRD EYE POINT)

Purpose: Calm Mind

Practice: Apply gentle, comfortable pressure while breathing slowly for 60–90 seconds.

Location: Between the eyebrows, in the center of the forehead.

Benefits:

- Encourages relaxation
- Helps quiet racing thoughts
- Supports stress reduction
- May improve mental clarity

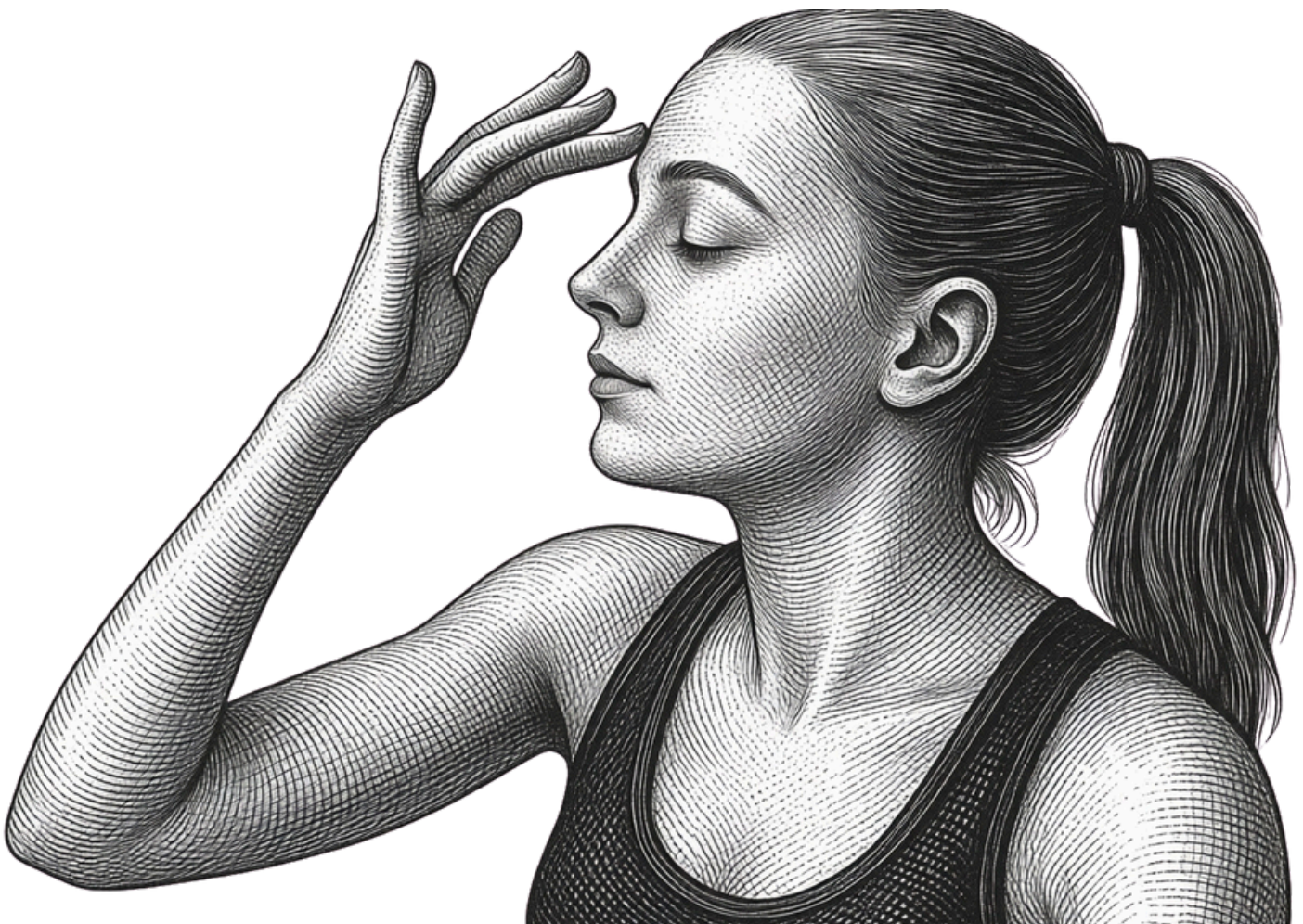
How to Practice:

Using your index finger, gently press the point between your eyebrows. Apply steady pressure while taking slow, deep breaths. Continue for one minute.

Mindfulness Exercise: Focus on your breath and observe your thoughts without judgment. **Suggestion:** My mind is calm, clear, and centered.

Journal Reflection:

- What am I experiencing right now?
- What would I like to release?
- What positive state would I like to cultivate?



TECHNIQUE 2: LI4 (JOINING VALLEY)

Purpose: Stress Relief

Practice: Apply gentle, comfortable pressure while breathing slowly for 60–90 seconds. Location: In the webbing between the thumb and index finger.

Benefits:

- May reduce stress and tension
- Encourages relaxation
- Helps release physical tightness

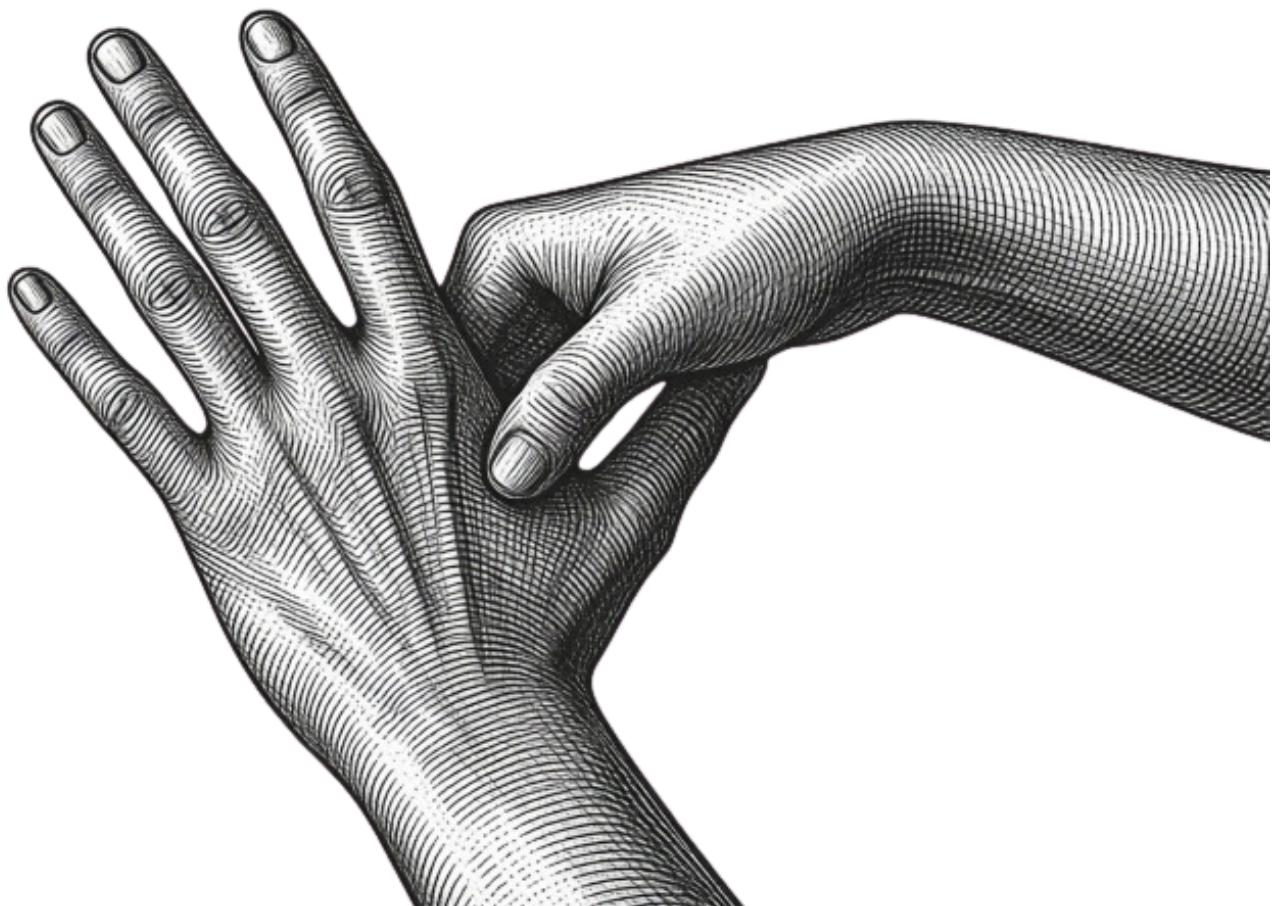
How to Practice:

Use your thumb and index finger to firmly massage the webbing area of the opposite hand. Hold and breathe slowly for 60 seconds. Switch hands.

Mindfulness Exercise: Focus on your breath and observe your thoughts without judgment. **Suggestion:** I release tension and welcome peace.

Journal Reflection:

- What am I experiencing right now?
- What would I like to release?
- What positive state would I like to cultivate?



TECHNIQUE 3: PC6 (INNER GATE)

Purpose: AnxietyEase

Practice: Apply gentle, comfortable pressure while breathing slowly for 60–90 seconds. Location: Three finger-widths below the wrist crease on the inner forearm.

Why Use This Point?

This point is often used to promote emotional balance and encourage feelings of safety and stability during stressful situations.

Acupressure Practice

1. Locate the point on your inner forearm.
2. Apply comfortable pressure using your thumb.
3. Hold for 60–90 seconds.
4. Repeat on the opposite arm.

Mindfulness Exercise

Imagine roots extending from your feet into the earth. With every breath, you become more stable, secure, and grounded.

Self-Hypnosis Suggestion

"I am safe. I am supported. I trust myself to handle whatever comes my way."

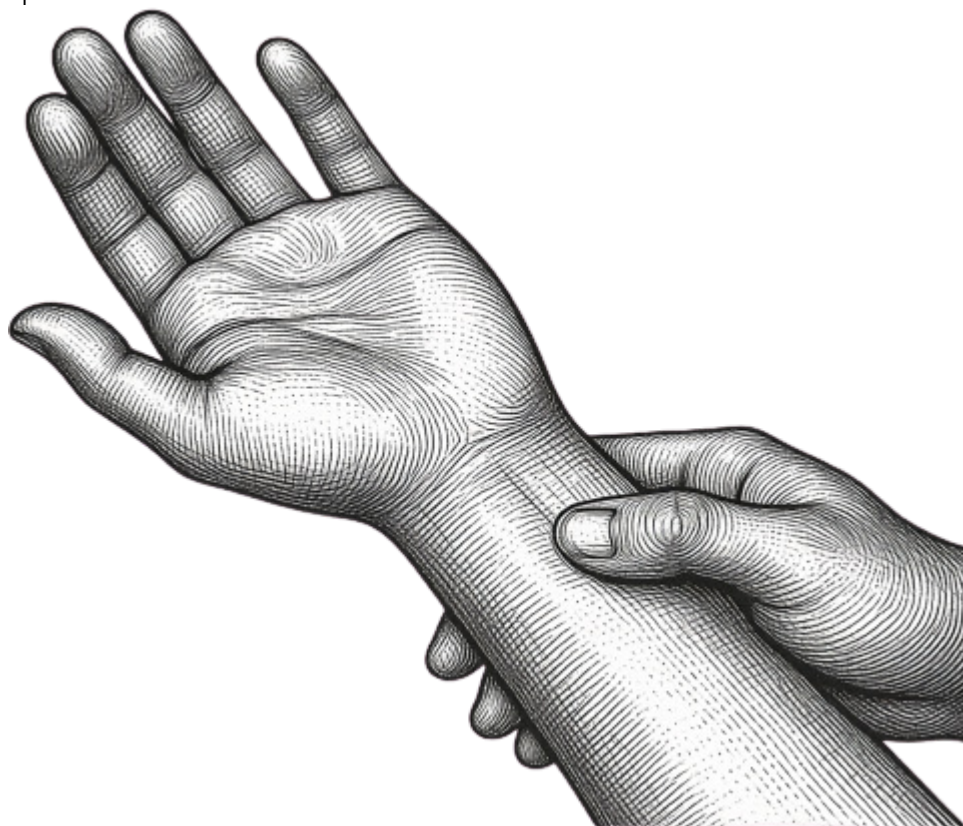
Journal Reflection

Mindfulness Exercise: Focus on your breath and observe your thoughts without judgment.

Suggestion: I am safe, supported, and grounded.

Journal Reflection:

- What am I experiencing right now?
- What would I like to release?
- What positive state would I like to cultivate?



TECHNIQUE 4: KI (BUBBLING SPRING)

Purpose: Grounding

Practice: Apply gentle, comfortable pressure while breathing slowly for 60–90 seconds.

Location: On the sole of the foot.

Why Use This Point?

This point helps bring attention out of the mind and back into the body, making it especially useful when feeling scattered, disconnected, or emotionally overwhelmed.

Acupressure Practice

Massage the point using your thumb in slow circles for one minute on each foot.

Self-Hypnosis Suggestion

"I am here. I am present. I am grounded in this moment."

Mindfulness Exercise: Focus on your breath and observe your thoughts without judgment.

Suggestion: I am fully present in this moment.

Journal Reflection:

- What am I experiencing right now?
- What would I like to release?
- What positive state would I like to cultivate?



TECHNIQUE 5: GV26 (REVIVING CENTER)

Purpose:

EnergyBoost

Practice: Apply gentle, comfortable pressure while breathing slowly for 60–90 seconds

Location: Between the nose and upper lip.

Why Use This Point?

This point is traditionally associated with alertness, focus, and mental clarity.

Acupressure Practice

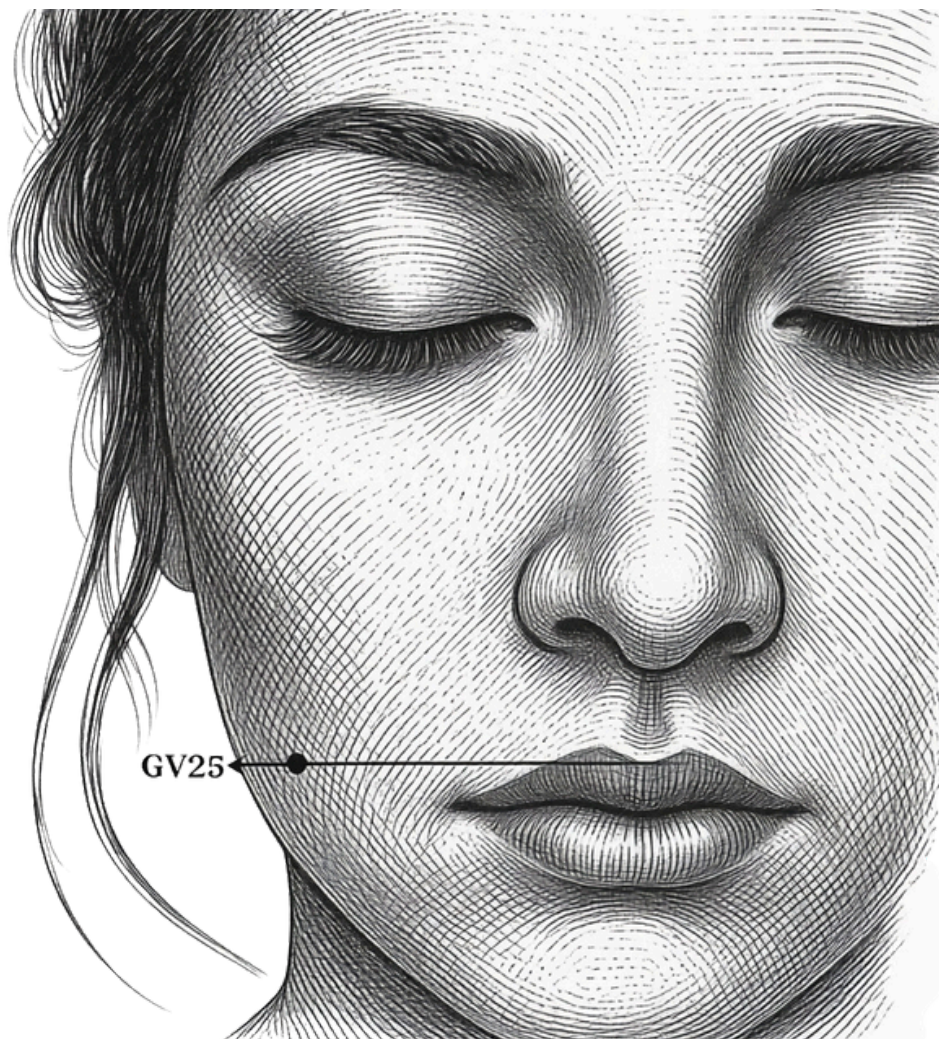
Apply gentle pressure for 30–60 seconds while breathing deeply.

Mindfulness Exercise: Focus on your breath and observe your thoughts without judgment.

Suggestion: I move through my day with energy and purpose.

Journal Reflection:

- What am I experiencing right now?
- What would I like to release?
- What positive state would I like to cultivate?



TECHNIQUE 6: ANMIAN (PEACEFUL SLEEP POINT)

Purpose: Sleep Support

Practice: Apply gentle, comfortable pressure while breathing slowly for 60–90

Location: Behind the ear between the earlobe and base of the skull.

Why Use This Point?

This point is commonly used to encourage relaxation before sleep and help quiet the mind.

Acupressure Practice

Massage gently on both sides for one minute before bedtime.

Mindfulness Exercise: Focus on your breath and observe your thoughts without judgment.

Suggestion: I release the day and welcome restful sleep.

Journal Reflection:

- What am I experiencing right now?
- What would I like to release?
- What positive state would I like to cultivate?



TECHNIQUE 7: CV17 (HEART CENTER POINT)

Purpose:

Emotional Balance

Practice: Apply gentle, comfortable pressure while breathing slowly for 60–90 seconds. Location: Center of the breastbone.

Why Use This Point?

This point may encourage emotional balance, deeper breathing, and a greater sense of calm.

Acupressure Practice

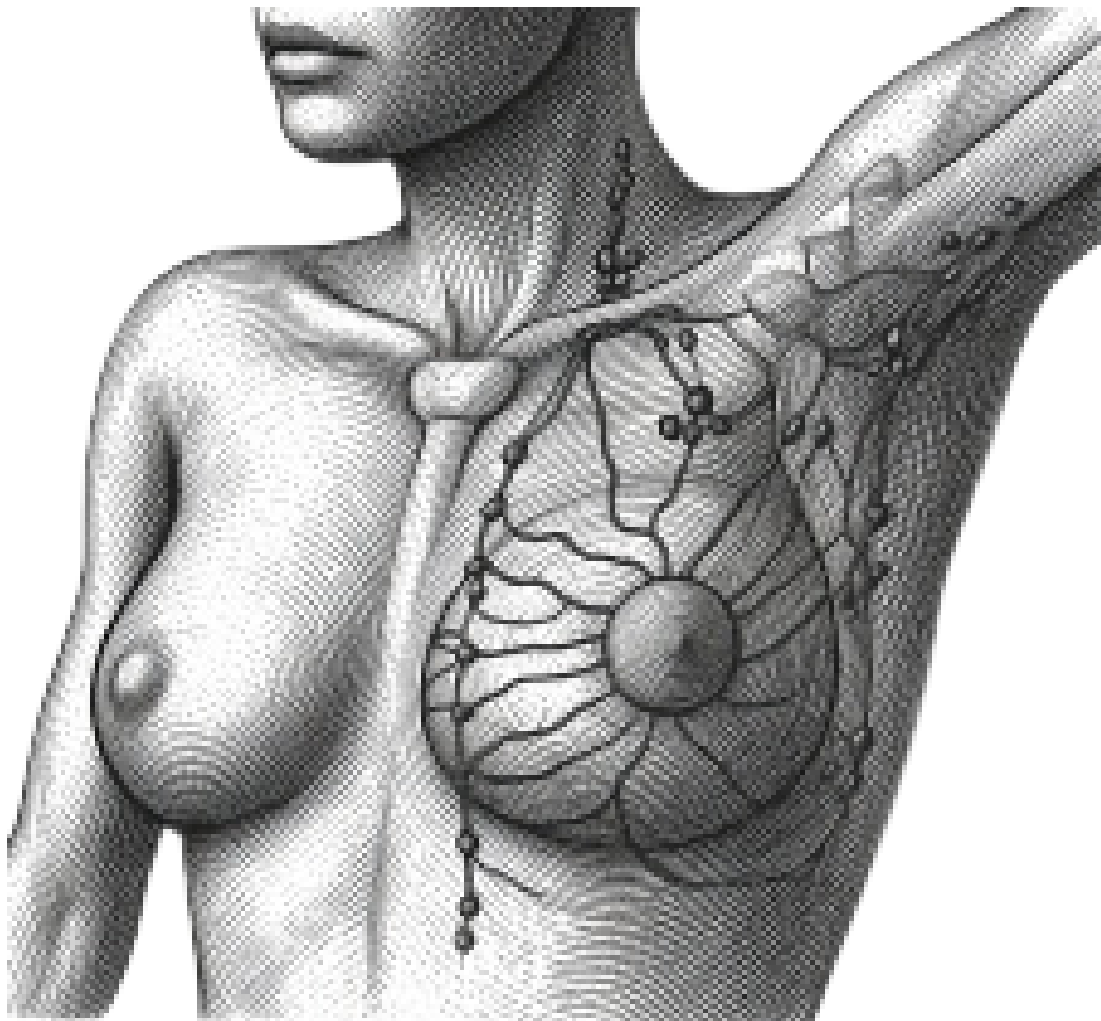
Apply light pressure with two fingers while breathing deeply.

Mindfulness Exercise: Focus on your breath and observe your thoughts without judgment.

Suggestion: I am open to peace, healing, and joy.

Journal Reflection:

- What am I experiencing right now?
- What would I like to release?
- What positive state would I like to cultivate?



TECHNIQUE 8: GB21 (SHOULDER WELL)

Purpose:

ShoulderRelease

Practice: Apply gentle, comfortable pressure while breathing slowly for 60–90 seconds. Location: Midway between the neck and shoulder.

Why Use This Point?

Many people carry stress in their shoulders. This point helps encourage relaxation and physical release.

Acupressure Practice

Gently squeeze and massage the muscle for 60 seconds on each side.

Mindfulness Exercise: Focus on your breath and observe your thoughts without judgment.

Suggestion: I let go of unnecessary burdens.

Journal Reflection:

- What am I experiencing right now?
- What would I like to release?
- What positive state would I like to cultivate?



7-DAY ACUPRESSURE CHALLENGE

Each day choose one technique and practice acupressure mindful breathing.

self-hypnosis, and journaling. Track your progress below.

Day 1 — Stress Level Before: ____ After: ____

Observations:

Day 2 — Stress Level Before: ____ After: ____

Observations:

Day 3 — Stress Level Before: ____ After: ____

Observations:

Day 4 — Stress Level Before: ____ After: ____

Observations:

Day 5 — Stress Level Before: ____ After: ____

Observations:

Day 6 — Stress Level Before: ____ After: ____

Observations:

Day 7 — Stress Level Before: ____ After: ____

Observations:
