

Year of the goat 

Patient Help Sheet

Here are some tips that you can use to help balance and support your health during this time. Please feel free to call me if you have further questions or concerns.

Acupressure Points

Rubbing acupuncture points with your finger for 30 - 60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

Yin Tang: In the center of the brow between the medial ends of the eyebrows. Functions: Relieves depression, calms and focuses the mind, balances glandular and emotional imbalances.

Conception Vessel 17 (CV 17): In the center of the sternum. Functions: Stress and anxiety relief, strengthens the lungs.

Liver 3 (LV 3): On the top of the foot, between where the first and second metatarsal bones meet. Functions: Combats dizziness, headaches, vertigo, and depression; facilitates headache relief.

Pericardium 6 (PC 6): In between the tendons, about 3 inches down from the wrist crease. Functions: Opens the chest, regulates Heart Qi, calms the Shen (Spirit), harmonizes the Stomach, relieves nausea and vomiting and motion sickness.

Aromatherapy For Stress and Anxiety

As noted by the National Association for Holistic Aromatherapy (NAHA):¹

"It [Aromatherapy] seeks to unify physiological, psychological and spiritual processes to enhance an individual's innate healing process."

Here are a few ways to use them:

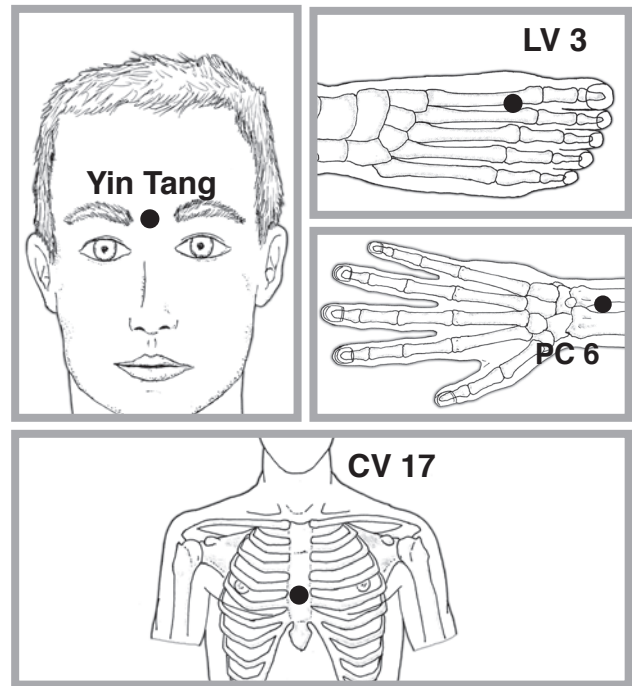
- Indirect inhalation of essential oils using a room diffuser or placing drops nearby
- Direct inhalation of essential oils using an individual inhaler with drops floated on top of hot water (this is popular for treating sinus headaches)
- Aromatherapy massage, in which essential oils are diluted in a carrier oil and massaged into your skin
- Applying essential oils to your skin by combining them with lotion, bath salts, or dressings

Here are a few aromatherapy oils that are good for anxiety and stress:

- Bergamont
- Rose
- Lavender
- Orange
- Sandlewood
- Lemon
- Chamomile



¹ <http://www.naha.org/explore-aromatherapy/about-aromatherapy/what-is-aromatherapy/>



Meridian Exercise for Anxiety

Forward Bend Exercise

The Forward Bend exercise helps a distracted mind unwind.
(See example of exercise on the left)

1. Sit on the floor with legs stretched out in front of you. Keep your knees slightly bent, do not lock them. If this causes any discomfort, you can sit on a folded blanket and bend your knees slightly out to the side.
2. With chin slightly tucked, slowly stretch forward, reaching your hands toward your toes. If you cannot touch your toes, reach for your knees, shins or ankles. Relax your head.
3. As you breathe in, focus your breath along your back and spine. Expanding outwards with each inhalation, and imagining that you are expanding your back like a big balloon. As you exhale, allow your body to relax deeper into the stretch.
(See image below)
4. Hold this position for a few breaths.

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