

PACK HEALTH acupressure for anxiety

Feeling anxious can make your body feel tense, your mind restless, and your breathing shallow. Acupressure offers a gentle, natural way to help calm your nervous system, and it can be utilised anytime, anywhere.

By applying light, steady pressure to specific points, you can help your body shift out of fight/ flight/ freeze mode and back toward balance.

This guide walks you through ear and body points traditionally used in Chinese Medicine to ease symptoms of anxiety, support emotional regulation, and help you feel more grounded and regulated.

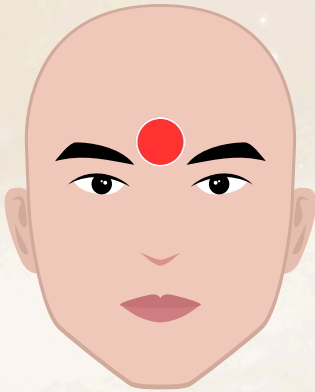
How to Use This Guide:

- **find the point:** use the diagrams and descriptions to help you locate each point
- **apply gentle pressure:** use your fingertip, thumb, or a rounded probe. Press firmly enough to feel mild tenderness, but not pain
- **breathe slowly:** while pressing the point, inhale and exhale steadily. Aim for 60–90seconds per point
- **consistency is key:** practice daily, or use during moments of heightened anxiety for best results

Disclaimer:

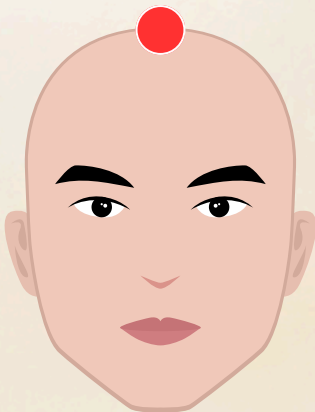
- this is not a replacement for medical care
- if anxiety is severe, persistent, or accompanied by troubling symptoms (such as chest pain, dizziness, or thoughts of self-harm), please seek immediate medical or professional help
- avoid pressing directly on open wounds, skin irritations, or areas with swelling
- if you are pregnant, consult your healthcare provider before using acupressure as some points may be contraindicated.

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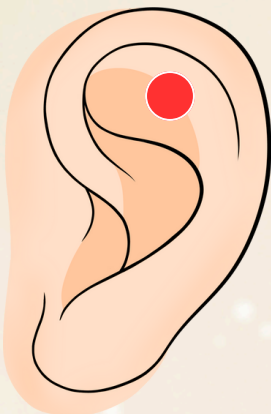
Yin Tang Hall of Impression

- **Location:** between the eyebrows
- **Benefit:** calms the mind, soothes restlessness, reduces worry



DU-20 A Hundred Meetings

- **Location:** midline of the head, at the apex
- **Benefit:** grounds your energy, lifts low mood, clears a busy mind

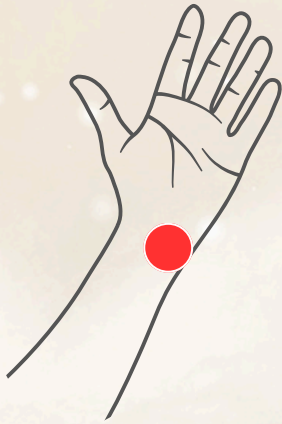


Ear Shen Men Spirit Gate (ear)

- **Location:** tringular fossa of ear
- **Benefit:** powerful auricular point used to calm stress and rebalance the nervous system

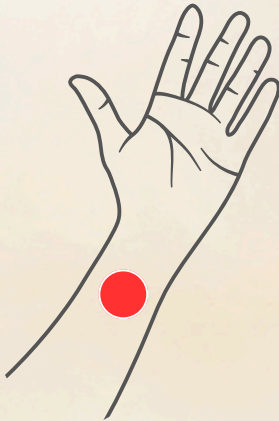
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HT-7 Spirit Gate

- **Location:** on the wrist crease, in line with the pinky finger
- **Benefit:** nourishes the Heart (Chinese Medicine) and settles the shen (spirit)



PC-6 Inner Gate

- **Location:** inner forearm, 2 finger-widths above wrist crease
- **Benefit:** opens the chest & relieves tension, calms the Heart



LV-3 Great Surge

- **Location:** top of foot, in web between big toe and second toe
- **Benefit:** smooths emotions, eases irritability and internal tension

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