

# acupressure for tension headache

Tension headaches can be a common occurrence in our busy and device-filled lives. Often they are caused by stress, poor posture, eye strain, or jaw clenching. These types of headaches can create a dull, pressure-like pain that feels as if it is wrapping around your head like a tight band.

Acupressure is a drug-free tool that can help relax tense muscles, improve circulation, and ease general discomfort. Regular use of these points may help reduce the frequency and intensity of your headaches over time.

## How to Use This Guide:

- find a quiet and comfortable space where you can relax and rest
- apply steady and firm pressure to each point for 30–60 seconds
- use deep, slow breathing while holding the point (your exhale should be longer than your inhale)
- stimulate points on one or both sides of the body (depending on location of headache)
- drink a glass of warm water after your session

## Disclaimer:

- this guide is for general wellness purposes only
- not a substitute for medical diagnosis or treatment
- avoid during pregnancy unless advised by a qualified practitioner
- if headaches are severe, sudden, or persistent, seek medical advice



# acupressure for tension headache

GREAT SUN

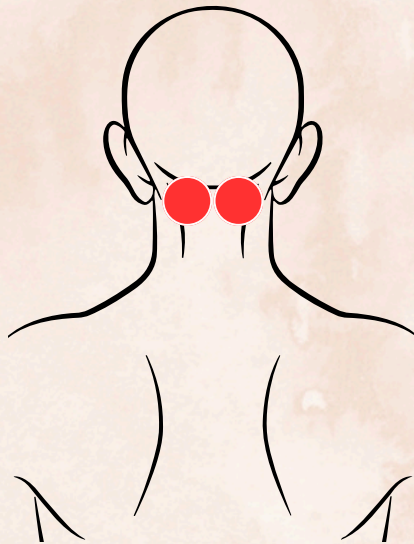


TAI YANG

**Location:** halfway between the end of the eyebrow and the temple hairline

**Benefit:** relieves temporal headache, eye strain, facial tension, and headache due to jaw clenching

WIND POOL

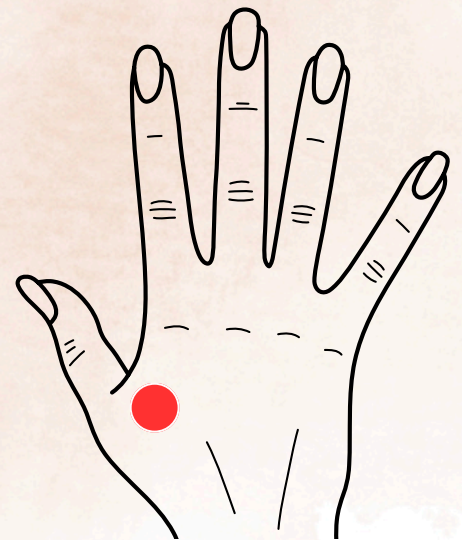


GB - 20

**Location:** in the hollow just under the base of the skull (hairline), two finger-widths out from the spine

**Benefit:** eases neck stiffness, occipital headache, and stress tension

JOINING  
VALLEY



LI - 4

**Location:** in the fleshy web between the thumb and index finger

**Benefit:** reduces general headache, facial pain, and stress-related tension



# acupressure for tension headache

## OUTER PASS



**SJ-5**

**Location:** outer forearm, three finger-widths above the wrist crease between the two bones

**Benefit:** alleviates headache, neck pain, and tension along the sides of the head

## MOVING BETWEEN

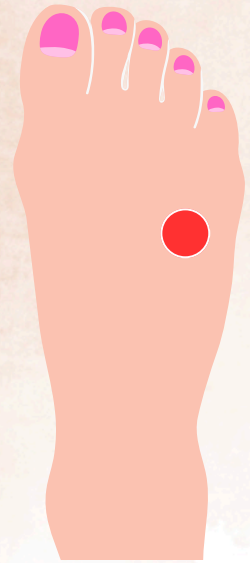


**LV-2**

**Location:** top of the foot, between the big toe and second toe, just before the webbing

**Benefit:** helps release irritability, stress, and tension-type headache related to Liver Qi stagnation

## FOOT GOVERNOR OF TEARS



**GB-41**

**Location:** top of the foot, between the fourth and fifth metatarsal bones

**Benefit:** relieves one-sided headache and tension along the temple and jaw (on the same side)