

SRJC Professional Development Day Workshop

Self-Help Acupressure

Reduce Stress & Reset Your Resilience: Become a Partner with Your Body, Build Healthy Habits, Boost Your Immune System

Techniques for: reducing stress and anxiety, achieving calm, opening up breath; sharpening clarity and focus, increasing creativity and productivity; managing feelings, letting go of frustration and overwhelm; improve personal, family, and workplace dynamics. In addition, techniques for: promoting wellness, strengthening the immune system, promoting healing, relieving pain, having more vitality for your daily activities, complementing your exercise program. Move away from old patterns, release self-sabotage, and increase mindfulness and self-awareness. For all of the above, revitalizing your whole system, and achieving energetic balance

- ▶ The Daily Clean Your House Flow
 - ▷ Hold upper arms by folding arms across chest
 - ▶ Opens up breath, relaxes and drops shoulders, releases back
 - ▷ Sit on both hands
 - ▶ Brings vitality to whole system
 - ▷ Sit on left hand with right hand on left shoulder
 - ▶ “Unloads” any blocked energy all through body
 - ▷ Sit on right hand with left hand on right shoulder
 - ▶ Continues to “unload” any blocked energy
 - ▷ Lightly place both hands on opposite inner thighs
 - ▶ Balances digestion
 - ▷ Place both hands simultaneously at top of calves
 - ▶ Balances elimination; neutralizes temperature
 - ▷ Place fingers on left and right base of skull
 - ▶ Brings clarity; brings rest
 - ▷ Fold hands (as in prayer) and relax
 - ▶ Aligns spinal column; connects with higher consciousness
 - ▷ Jumper Cable each thumb and finger and “Get Rid of Worry FAST...”
 - ☛ Thumb – Worry
 - ☛ Index – Fear
 - ☛ Middle – Anger (frustration)
 - ☛ Ring – Sadness (grief)
 - ☛ Little – Try to’s (too hard, too much; efforting)



Deborah Myers Wellness

Easy self-help acupressure
for kids and grownups



1. Opening the breath, calming, relieving anxiety, letting go of pressure, letting go of the “stuff” (and the emotion) of the past which gives us “the old pattern” that gets in our way of moving forward; increasing productivity and vitality
 - Hold thumbs
 - Hold index fingers
 - Hold upper arms by folding arms across the chest
 - Right hand hold left upper arm and left hand hold right upper inner thigh
 - ▷ Switch and hold opposite sides
 - For respiratory distress, e.g. anxiety, holding breath (also good for coughing)
 - ▷ Right fingers hold right base of ribcage
 - ▷ Left fingers hold right chest below clavicle
 - ▷ Switch and hold opposite sides
 - To release jaw, mouth or throat tension; creating breath and strong voice; to release the tension around “old patterns” and help change them! (e.g., clenching and “holding” the breath)
 - ▷ Right hand – cup sternum directly below clavicle
 - ▷ Left hand – hold fingertips in a vertical pattern below the naval

2. To filter out the “bad air,” help with dry throat, and help release ear pressure
 - ▷ Right hand: cup right shoulder where neck and shoulder come together
 - ▷ Left hand: hold fingers at left chest just above breast tissue
 - ▷ Switch hands:
 - ▶ Left hand: cup left shoulder
 - ▶ Right hand: hold right chest

3. Sleep Tips: to help you fall asleep and go back to sleep
 - Hold the base of your skull, right hand on right side, left hand on left side
 - Do the Jumper Cables and increase the time you spend doing so. Hold each thumb and finger (gently cupping) for several deep calming breaths. If you are not asleep by the time you finish holding the fingers of the second hand, repeat the sequence until you fall asleep.

4. To calm the nervous system, relax mind: Show yourself some love with this sequence.
 - Right hand — hold fingers at the base of right skull
 - Left hand — hold fingers at the outside of right wrist (below little finger)
 - Bring both hands above heart area of chest (continue to hold wrist)



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5. Relieving head pressure and “too much in head” congestion; relieving frustration/anger, getting over it (e.g. having a bad day) and actually moving forward (thus moving away from the stuff of the past); achieving clarity and focus; letting go of mind chatter; boosting motivation and increasing productivity
 - ▶ For persistent mental absorption (often creates forehead and/or eye tension) and “mind chatter”
 - ▷ For right side “project”
 - ▶ Left hand – hold forehead with fingers on right side
 - ▶ Right hand – cup back of head, fingers on left base of skull
 - ▷ For left side “project,” switch hands
 - ▶ For “too much” thinking, mental confusion, mental “congestion”, too much “not getting to it” (i.e., procrastination), tired eyes (also relieves head pressure, headaches and sinus congestion, allergies)
 - ▷ For right side pressure/tension or “project”
 - ▶ Left hand – hold fingers along left side of neck
 - Right hand – fingers “travel” along right side of “center line”
 - ☛ at top of head close to “center line”
 - ☛ then just into hairline
 - ☛ then at forehead
 - ☛ then at inside of right eyebrow
 - ☛ then at right cheekbone close to nostril
 - ☛ then just below right clavicle close to sternum
 - ▷ For left side “project,” switch hands

Your good health is right at your fingertips! Stress reduction, emotional balancing and wellness care are basic keys to having a full and healthy life in a world of pressures, tensions and traumas. All of these elements have a tendency to block the flow of energy in the pathways that flow through your body (physical, mental, emotional and spiritual). These pathways literally feed life into your whole body and allow you to be healthy, happy, strong, and balanced. Placing your fingertips on designated energy balance areas can release the accumulated blocked energy, thus harmonizing and restoring the energy flow. This will also allow you to move through and beyond physical “projects,” stuck emotions or old patterns that have a tendency to take you out of motion and inhibit movement forward. When the body re-experiences that sensation of balance and harmony, it will more easily and readily recognize when it is “leaving balance behind.”

When your body is spending more time being in balance, you will be more present and alert/aware to what is going on around you rather than being stuck in old emotional patterns. Further, bringing balance and harmony will create more vitality and productivity, increase the ability to focus, strengthen the immune system, and help to relieve bothersome symptoms. Those who “work” on themselves by moving blocked energy and maintaining harmony gain a “true knowing” of integrating body, mind and spirit.

May joy, laughter, and happiness come to you!

