

# Patient Help Sheet for Anxiety and Worry

Here are tips that you can use to help balance and support your emotional health.  
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.

**Heart 7 (HT 7):** With palm facing up, on the inside of the wrist, on the little finger side of the crease where the hand meets the wrist.  
**Function:** Promotes a calm mind, alleviates anxiety, stimulates memory, and corrects insomnia. Also useful in alleviating hysteria, sadness, fear and fright, heart palpitations, and shortness of breath.

**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.

**Pericardium 6 (P 6):** On the inside of the forearm, in between the tendons, approximately 2.5 finger widths below the wrist crease  
**Function:** Used to reduce irritability, anxiety and stress. Helps regulate discomfort and pain in the hypochondriac region and chest, relieves irregular or painful menses and PMS. Also good for poor memory, insomnia, stomach ache, nausea, vomiting, wrist pain, and neck aches.

**Small Intestine 3 (SI 3):** With palm facing up, make a gentle fist. The point is located on the outer edge of your palm, where the skin protrudes out.  
**Function:** Used for stiff neck and shoulders, acute strain and pain of the lower back, headaches, dizziness, earaches, ringing in ears, red eyes, night sweats, sore throat, mania, and mouth and cheek pain.

**Kidney 3 (KD 3):** Level with the tip of the inner ankle bone, in the depression between the ankle and tendon.  
**Functions:** Reinforces the Kidneys, clears heat, strengthens the low back and knees, rectifies the uterus, helps with anxiety, insomnia and chronic low back pain.

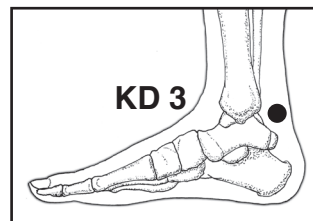
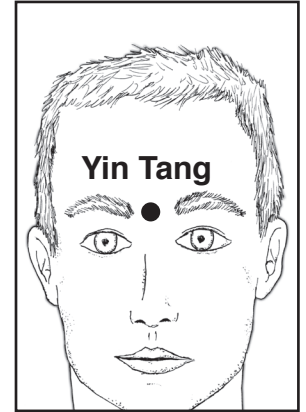
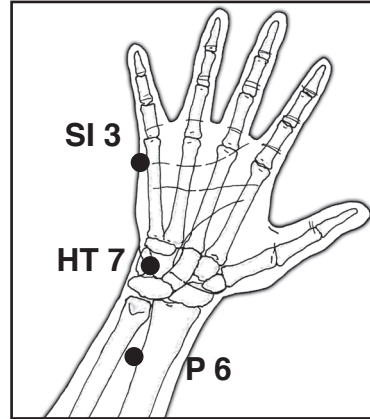
## Exercises to Support your Heart and Small Intestine Health

### Criss Cross Crawl

This simple exercise helps to balance anxious energy, while facilitating clear thinking and improved coordination. It is also useful for mental and physical exhaustion. In a standing pose, raise your right arm up, while at the same time bending and lifting your left leg. Lower them down. Raise your left arm up, while at the same time bending and lifting your right leg. Lower and repeat. This exercise is like an exaggerated marching motion.

### Balance Your Digestive Energies

Tap and rub the neurolymphatic point that relates to the Spleen. It is located directly below the nipples, at the bottom edge of the rib cage. This point balances digestive energies, supports the immune system, raises energy levels, induces clarity, and balances the blood chemistry of your body.



## Meridian Exercise for Health and Wellbeing

1. Sit in a comfortable cross-legged position with the right leg over the left. Slide your knees together until they are almost on top of each other, and your feet are close to the opposite hip.
2. Raise your right arm straight up, bend the elbow, and reach your hand down behind your back. Bring your left arm behind your back and try to grab your right hand. If you cannot clasp your hands together, place a belt or towel in your right hand and grab it with your left.



3. As you inhale, raise your head up, pressing it against your raised arm, and filling your back, shoulders and chest with breath.
4. As you exhale, bend forward slightly. Hold this position for a few breaths. Gently rise, release your arms and reverse your leg and arm position. Left knee on top, left elbow pointing upwards. DO NOT ATTEMPT IF YOU HAVE A SHOULDER INJURY.

