

# The Top 5 Acupressure Points to Relieve Anxiety



by Dr. Stephanie Bartolotti, DACM, AP

[www.NewDirectionNaturalMedicine.com](http://www.NewDirectionNaturalMedicine.com)

# Welcome!

My name is Dr. Stephanie Bartolotti, DACM, AP, CFMP. I have a doctorate and in Acupuncture and Chinese medicine and I'm a nationally licensed acupuncture physician, Chinese herbalist, certified Functional Medicine practitioner and the founder of New Direction Natural Medicine in Altamonte Springs, Florida! I specialize in treating patients who are struggling with anxiety, fatigue, chronic pain, women's health conditions, and fertility challenges with a holistic approach and treatment using acupuncture, customized Chinese herbal medicine, functional lab testing and nutrition.

If you struggle with anxiety, you may feel like nobody understands you. You can't just "calm down", and if you could, you definitely would! With anxiety being the #1 most common condition I see in my clinic, know that you are definitely not alone! So many people struggle with anxiety, but not many people talk about it. Using this e-book, my goal is to teach you some simple acupressure points and techniques that can help alleviate your anxiety safely and without any side-effects. All you need is your own two hands!

## What is Acupressure?



Acupressure is the needle-free version of acupuncture in which specific points on the body are stimulated using finger pressure. The goal of acupressure is to restore homeostasis, or balance, to the body, and stimulate the body's own naturally ability to heal itself. By applying pressure to specific points on your body, you will be increasing blood flow and oxygen throughout your body, releasing endorphins (your body's feel-good pain-relieving chemicals), decreasing muscle tension, improving breathing, and activating your body's parasympathetic nervous system to make you feel calm and relaxed.

# How Acupressure Benefits Anxiety

Acupressure is especially beneficial in alleviating anxiety because it releases muscular tension, calms the nervous system, deepens your breathing, and induces relaxation. Acupressure helps your body to get out the "fight or flight" sympathetic dominance and enter into the "rest and digest" parasympathetic relaxation mode.

Clinical research involving 519 participants has demonstrated that acupressure reduces anxiety by an average of 50%! In addition, 75% of the participants of the study were "highly satisfied with acupressure treatments and 96% of treatments were administered in less than 30 minutes."



## Acupressure Tips

- Gradually apply firm, steady pressure to the acupressure points for a minimum of one minute. (3 minutes per point is ideal.)
- Use the pad or knuckle of your middle finger to press acupressure points.
- If acupressure points are painful, lighten your pressure to the point where you feel it "hurts so good" and is quite tolerable.
- Do NOT perform acupressure over any injured area, broken skin, or wounds.

# Acupressure Point #1: Yintang

Located between the eyebrows, Yintang is a powerful calming point often used to quiet an overactive mind and promote relaxation. Yintang is especially effective when anxiety presents with racing thoughts, overthinking, insomnia, or mental agitation. It helps bring awareness downward and inward, quieting excessive mental activity and promoting a sense of centered calm.



## Benefits:

- Calms racing thoughts
- Reduces stress and mental tension
- Promotes relaxation and better sleep
- Helps relieve headaches caused by stress
- Encourages mental clarity and calmness

## How to Locate Yintang:

Using your middle finger, find the midpoint between the inner part of your eyebrows.

## Acupressure Technique:

Use your index or middle finger to apply gentle, steady pressure or slow circular motions to the point located between the eyebrows for 1–3 minutes while taking slow, deep breaths to help calm the mind, reduce stress, and promote relaxation.

# Acupressure Point #2: Ear Anxiety Point

Acupressure points on the ears are the most powerful points for treating anxiety because they send the strongest signals to the brain to promote relaxation, relieve pain, and regulate the autonomic nervous system and neuroendocrine system. This point can help to quickly reduce nervousness, stress, and anxiety and induce a feeling of calmness, especially while driving.



## Benefits:

- Calms anxiety and nervous tension
- Promotes emotional relaxation
- Helps reduce stress and overwhelm
- Supports restful sleep
- Encourages a grounded, calm feeling
- Quiets an overactive mind

## How to Locate Ear Anxiety Point:

Gripping your earlobe with your index finger in the front and thumb in the back of your earlobe, find the most tender point located at the dot on the picture above.

## Acupressure Technique:

Squeeze this point between your index finger and thumb with moderate to firm pressure. Breathe deeply while holding this point for 1-2 minutes and repeat on the opposite ear (or squeeze both earlobes simultaneously).

# Acupressure Point #3: KID-1

This point helps draw excess energy down from the head and chest, making it especially useful for anxiety, panic, racing thoughts, overwhelm, and difficulty sleeping. In Chinese medicine, anxiety is often viewed as energy rising upward — causing symptoms like chest tightness, overthinking, restlessness, palpitations, or feeling “ungrounded.” KID-1 helps anchor that energy downward, creating a calming and stabilizing effect on both the body and mind.



## Benefits:

- Promotes grounding and emotional stability
- Helps calm panic and fear
- Reduces overstimulation and restlessness
- Encourages relaxation before sleep
- Helps reconnect the body and mind

## How to Locate KID-1:

KID-1 is located just below the ball of the foot, between the second and third toes.

## Acupressure Technique:

Sit comfortably and use your thumb to apply firm, gentle pressure in slow circular motions while taking slow, deep breaths to promote grounding and relaxation.

# Acupressure Point #4: CV-17

CV-17 is great acupressure point for relieving anxiety attacks. If you are experiencing a tightness in your chest due to holding in your emotions, this point will help you let them go. CV-17 also improves breathing by increasing blood and oxygen flow in your chest and lungs, and relaxes your diaphragm.



## Benefits:

- Relieves chest tightness and tension
- Encourages deeper breathing
- Calms emotional stress and anxiety
- Supports emotional release
- Helps regulate the nervous system

## How to Locate CV-17:

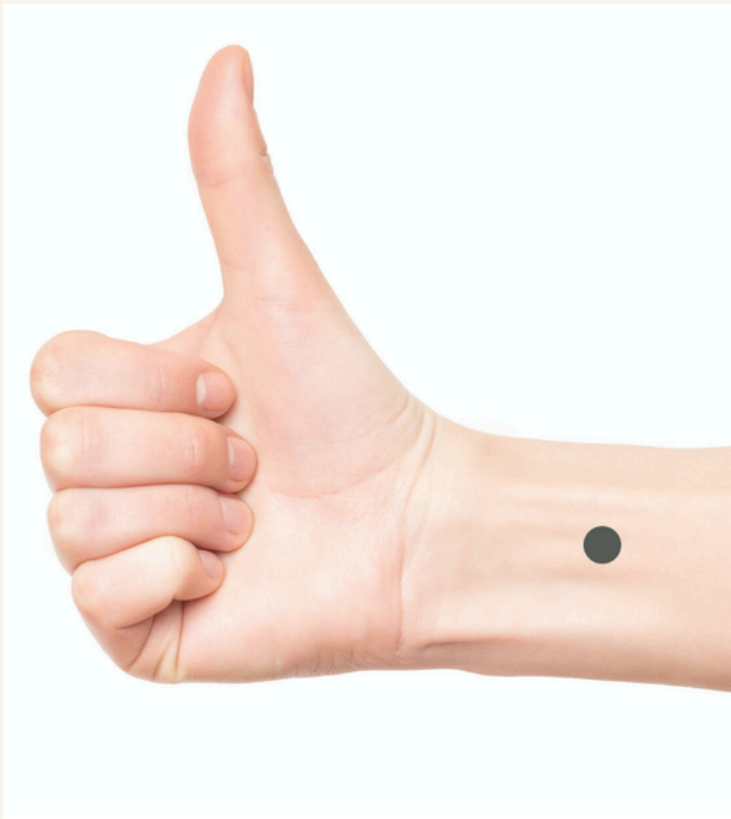
CV-17 is located approximately 4 finger-widths from the bottom of the breast bone. Slide your middle finger up the center of your breast bone until it falls into an indentation. This point usually feels tender to the touch.

## Acupressure Technique:

Gently press this point using your middle finger with index and ring fingers on top. Breathe slowly while pressing this point for 3 minutes.

# Acupressure Point #5: PC-6

Pericardium-6 (PC-6) has a powerful heart-regulating effect, so it is a great choice to use when anxiety causes your heart to speed up or start pounding. This point is also ideal for a nervous stomach causing digestive problems such as stomachache, nausea and vomiting. This acupressure point is also commonly used for motion sickness, sea sickness and morning sickness.



## Benefits:

- Calms anxiety and panic sensations
- Relieves chest tightness and palpitations
- Helps regulate the nervous system
- Reduces stress-related nausea
- Promotes relaxation and emotional balance

## How to Locate PC-6

PC-6 is located about three finger widths below the wrist crease on the inner forearm, between the two prominent tendons in the center of the arm.

## Acupressure Technique:

Hold your wrist up to your heart. Using your middle finger with your index and ring finger on top, gently press down on this point for 1 minute while breathing deeply through your nose. Switch to the opposite wrist and repeat for 1 minute.

# References

Deadman, P., Al-Khafaji, M., & Baker, K. (2016). *A Manual of Acupuncture*. East Sussex, England: Journal of Chinese Medicine Publications.

Gach, M. R., & Henning, B. A. (2005). *Acupressure for emotional healing: a self-care guide for trauma, stress & common emotional imbalances*. New York: Bantam Spectra.

Gach, M. R. (1990). *Acupressure's Potent Points*. New York: Bantam Books.

Hou, P.-W., Hsu, H.-C., Lin, Y.-W., Tang, N.-Y., Cheng, C.-Y., & Hsieh, C.-L. (2015). The History, Mechanism, and Clinical Application of Auricular Therapy in Traditional Chinese Medicine. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4707384/>

Monson, E., Arney, D., Benham, B., Bird, R., Elias, E., Linden, K., ... Waggy, D. (2019, May). Beyond Pills: Acupressure Impact on Self-Rated Pain and Anxiety Scores. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6533784/>