# 5 Acupoints to Help You Navigate Your Stress

There are several acupressure points that are known to treat stress and stress related symptoms. It’s important to understand that acupressure is not the only form of treatment and having a balanced diet, exercise regime and lifestyle will also decrease the chances of stress being a factor in your life.

**ACUPOINTS**The following five acupoints are known to help alleviate stress and other related symptoms.

LU 1—Zhong Fu  
Yin Tang  
KI 1—Yong Quan  
LI 4—He Gu  
S 36- Zu San Li

**THE BREAKDOWN**

Lu 1, Zhong Fu- This point is often used to treat vomiting, stops coughing, disperses fullness in the chest, stops pain and regulates Lung Qi. It’s located in the upper chest in the space below the first rib, six cun from the midline. In Traditional Chinese Medicine (TCM), Lu 1 regulates Lung Qi and stimulates the Lung Qi to descend. It also disperses fullness in the chest and stops coughing.

KI 1, Yongquan, Bubbling Spring- This acupoint is located on the sole of the foot approximately at the junction of the second and third toes. Indications that this acupoint will aid you are if you’re experiencing headaches, dizziness, loss of voice, blurring of vision and so on. In TCM, this acupoint is known to subdue wind and empty-heat, clear up the brain, and tonifies yin.

LI 4, Hegu, Joining (Union) Valley- The LI 4 is known to treat swelling and pain of the eye, nasal obstruction, toothache, facial swelling, deafness, sore throat and much more. In TCM, it’s said to dispel exterior wind, stimulate the dispersing function of the lungs, removes pain, and harmonizing descending and ascending functions. This point is located on the back of the hand at the apex of the webbed triangle between the thumb and the index finger.

ST 36, Zu San Li- This acupoint is often used to treat vomiting, stress and fatigue and gastrointestinal discomfort. This point is located along the outside of your shin bone about 4 finger lengths from the knee cap. You will know you’re in the right location because a muscle will mom out as you move your foot up and down. In TCM, this point is stimulated frequently to promote health and longevity.

Yin Tang, Third Eye- This point is located about one finger above the point between the eyebrows and will be almost directly in the middle of the forehead. Working this point is said to calm the mind, clarify ideas and intuition as well as strengthen mental projection. It can be used to alleviate dizziness, stress, vertigo, sinusitis and headaches.

**TREATMENT**

Each of the above points can be used to aid in relieving stress and/or other symptoms that can cause stress. It’s helpful to bring a list to your Acupuncturist of any symptoms you may have or are looking to treat, any information will be helpful in curating your individualized treatment plan. Please communicate with your Acupuncturist if you are pregnant or looking to become pregnant as some pressure points may affect you.