

# Caring for Our Health Care Heroes

## Acupressure for Stress Relief

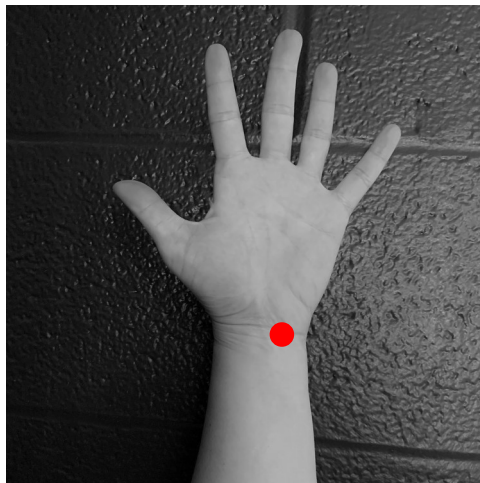
Promotes serenity  
Ease anxiety & sadness  
Aids restful sleep  
Supports a tranquil mind

Instructions: Apply gentle, clockwise pressure with fingertips to the points for 1 minute each. Bilateral points can be treated at the same time. Combine this sequence with slow, deep breathing for enhanced effects. Use when dealing with a stressful situation and before bed nightly.



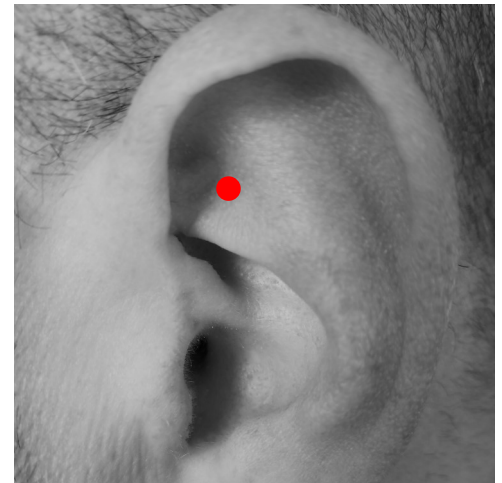
### Yintang

Promotes deep relaxation  
Reduces anxiety, stress & insomnia  
Treats frontal headaches  
Relieves sinus issues



### HT 7– Spirit Gate

Promotes feelings of wellbeing  
Reduces anxiety & heart palpitations  
Helps calm the mind & aids sleep



### Shen men Ear Point

Tranquility of mind  
Reduces stress & anxiety  
Allows peaceful sleep

*We hope these tools bring you relief & comfort.  
Thank you for all you do to care for our community!*