

5 Acupressure Points to Calm Stress in 5 Minutes

A Simple Self-Care Guide Inspired by Traditional Chinese Medicine

Modern life places constant demands on our bodies and minds. Stress can show up as tight shoulders, restless sleep, racing thoughts, headaches, digestive discomfort, and a general sense of feeling disconnected from ourselves.

Traditional Chinese Medicine (TCM) views wellness as a balance between the body, mind, and energy systems. Acupressure is a gentle practice where specific points on the body are stimulated with the fingers to encourage relaxation and support overall wellbeing.

This guide introduces five simple points you can use as part of your daily self-care routine — no special tools required, just a few quiet minutes and your own hands.

THE FIVE POINTS



Yintang The “Third Eye” Point



LOCATION

Between the eyebrows, in the small hollow just above the bridge of the nose.

HOW TO USE

1. Close your eyes.
2. Rest a finger tip gently on the point.
3. Apply light, steady pressure for 60–90 seconds.
4. Breathe slowly and evenly throughout.

TRADITIONALLY USED FOR

- Relaxation
- Mental calm
- Tension relief



Shenmen Heart Spirit Point



LOCATION

On the wrist crease, on the little-finger side of the wrist.

HOW TO USE

1. Find the point on the wrist crease.
2. Massage in small, gentle circles.
3. Continue for 1–2 minutes on each wrist.

TRADITIONALLY USED FOR

- Emotional balance
- Relaxation
- Restful sleep routines



3 Hegu Large Intestine 4

LOCATION

In the webbing between the thumb and index finger, at the highest point of the muscle when the two are brought together.

HOW TO USE

1. Pinch the webbing gently between thumb and forefinger of the other hand.
2. Massage in small circles while breathing deeply.
3. Continue for 30–60 seconds, then switch hands.

■ Avoid strong stimulation of this point during pregnancy unless advised by a qualified practitioner.

TRADITIONALLY USED FOR

- General tension
- Head and facial discomfort support



4 Neiguan Inner Gate Point

LOCATION

About three finger-widths below the wrist crease, between the two central tendons on the inner forearm.

HOW TO USE

1. Locate the point with your thumb.
2. Apply comfortable, steady pressure for 60 seconds.
3. Take slow, deep breaths as you press.

TRADITIONALLY USED FOR

- Calmness
- Relaxation
- Supporting emotional wellbeing

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Zusanli Leg Three Miles Point



LOCATION

Below the kneecap, about four finger-widths down and slightly toward the outside of the shin.

HOW TO USE

1. Find the point along the outer edge of the shin bone.
2. Massage gently with your thumb or fingertip.
3. Continue for 1–2 minutes on each leg.

TRADITIONALLY USED FOR

- Supporting energy
- General wellbeing
- Digestive harmony

YOUR 5-MINUTE CALM RITUAL

MORNING

- ☐ Drink a glass of water
- ☐ Take five slow breaths
- ☐ Stimulate one or two acupressure points

EVENING

- ☐ Reduce screen time
- ☐ Massage your calming points
- ☐ Create a peaceful bedtime routine

Small daily rituals can create meaningful changes over time.

A Final Note

Your body is constantly communicating with you. Taking a few minutes each day to slow down, breathe, and reconnect can become a powerful act of self-care.

For personalised support, consider working with a qualified wellness practitioner who can create an approach suited to your individual needs.

This guide is for general wellness education and is not a substitute for professional medical advice, diagnosis, or treatment. Consult a qualified healthcare provider with any health concerns, and before beginning acupressure if you are pregnant or managing a medical condition.