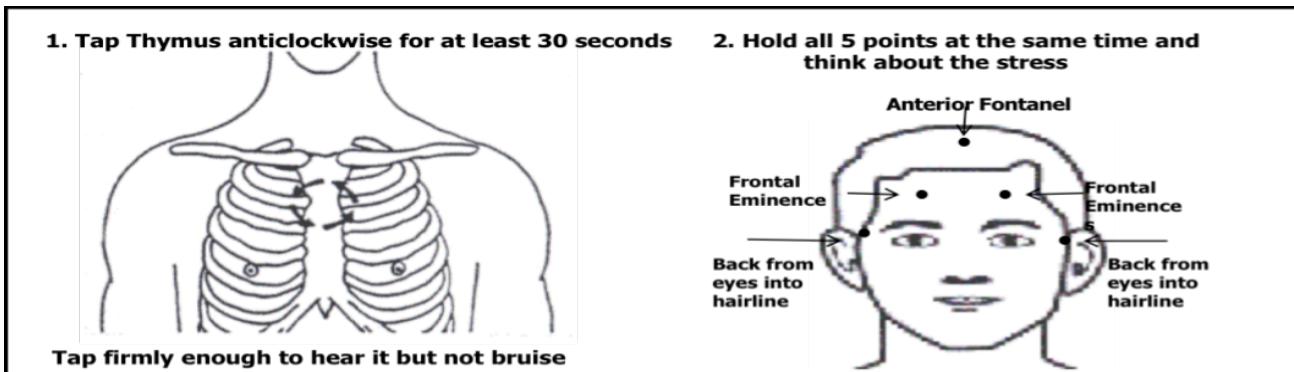


## Self-help for clients

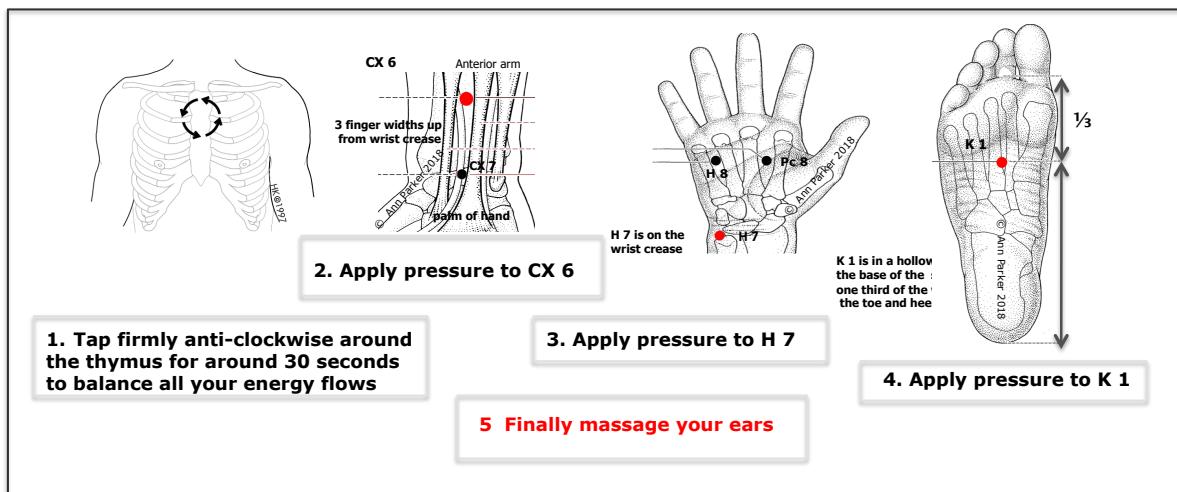
### HK EMOTIONAL STRESS RELEASE

When you are feeling worried or distressed about something this could help. First, tap gently around the thymus – you may get a yawn after about 30 seconds then hold your head in your hands and cover all 5 points while you think about the stress.



Stress triggers the 'Fight or Flight' response and suddenly we feel overwhelmed. Unfortunately, many peoples' bodies are in this state of heightened awareness and alert all the time in our modern world. The Five Stress Release points on the head are the Governing and Central Neurovascular Points which when touched lightly bring blood back to the forebrain allowing one to release the accumulated stress safely and then respond more appropriately to various situations.

**Useful acu-points for calming anxiety. If necessary, use in conjunction with the HK ESR points above.**



**CX 6** (Spirit Pass) calms the spirit and opens up the chest area, **H 7** (Spirit Gate) calms the spirit, settles the mind and regulates heart function and **K 1** (Gushing Spring) has the ability to bring us back into harmony with our Spirit (Heart Shen).

**St 36 promotes good health, gives you a boost when tired and could help you lose weight.**

