

# ACUPRESSURE GUIDE

POINTS FOR SELF-CARE



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+ RESILIENT HOLISTIC STUDIO

# CHECKLIST

## POINTS INCLUDED

**INSTRUCTIONS:** This is a list of the points we will go over and their main actions. By the end, you should have a basic knowledge of these points and how to use them. When looking for a point, feel for the divet or tender spot. That is when you know you found it.

- LARGE INTESTINE 4: HEADACHE + STRESS
- LIVER 3: IRRITABILITY/ANGER + GENITOURINARY
- STOMACH 36: DIGESTION + ENERGY
- YINTANG/3RD EYE: FOCUS + MEMORY + CALM
- PERICARDIUM 6: NAUSEA + CHEST TIGHTNESS
- KIDNEY 1: ANXIETY + MIGRAINE + PANIC
- GOVERNING VESSEL (DU) 20: ENERGY + MEMORY
- CONCEPTION VESSEL (REN) 12: WORRY + DIGESTION
- GALL BLADDER 20: TENSION + NECK PAIN
- SPLEEN 6: STRESS + FERTILITY + DIGESTION



# ACUPRESSURE BASICS

## WELCOME

It's so great to have you here! This is the first of many guides that you can use to integrate Eastern Medicine in your daily life to help with pain, stress, anxiety, depression, digestion, etc. Traditional Chinese Medicine (TCM) is a very complex medicine so these are simple introductions to some of the key building blocks to become familiar with so you can add small practices through out your day to have a big impact.

Visit our YouTube channel for specific videos showing where each of these points are located. **Resilient Holistic Studio**. Subscribe and search for the point you need from this guide. And follow us on instagram for everything Traditional Chinese Medicine (TCM) related **@resilient.acupuncture**

By the end of this workbook, I hope you will have the tools to build a short daily ritual to start integrating TCM into your life. If you have any questions, please send me an email and I will be happy to give any additional advice. **Resilientacupuncture@gmail.com**

**How to Stimulate an Acupressure Point:** Each point should be stimulated with firm yet gentle pressure. To soothe or calm qi (energy), move your finger in a counter-clockwise motion while pressuring the point. To increase qi move your finger in a clock-wise motion. Once you build your personalized prescription, you will spend your allotted time, or treatment session, stimulating certain points and ending with a self-care add on from the list provided. Have Fun!

# TECHNIQUES + METHODS

You will start with these questions before each session.



## AMOUNT OF TIME

- 5 Minutes
- 7 Minutes
- 10 Minutes

## TYPE

- Excess (use counter clock-wise)
- Deficient (use clock-wise)
- Chronic or Acute

## GOALS

- Better Sleep
- More Energy
- Less Anxiety
- Better Digestion
- Mental Clarity
- Less Stressed
- Other

## STEP 1:

Pick a dedicated amount of time to practice. Be honest with what will work for that day. You can always add more time to the next session.

## STEP 2:

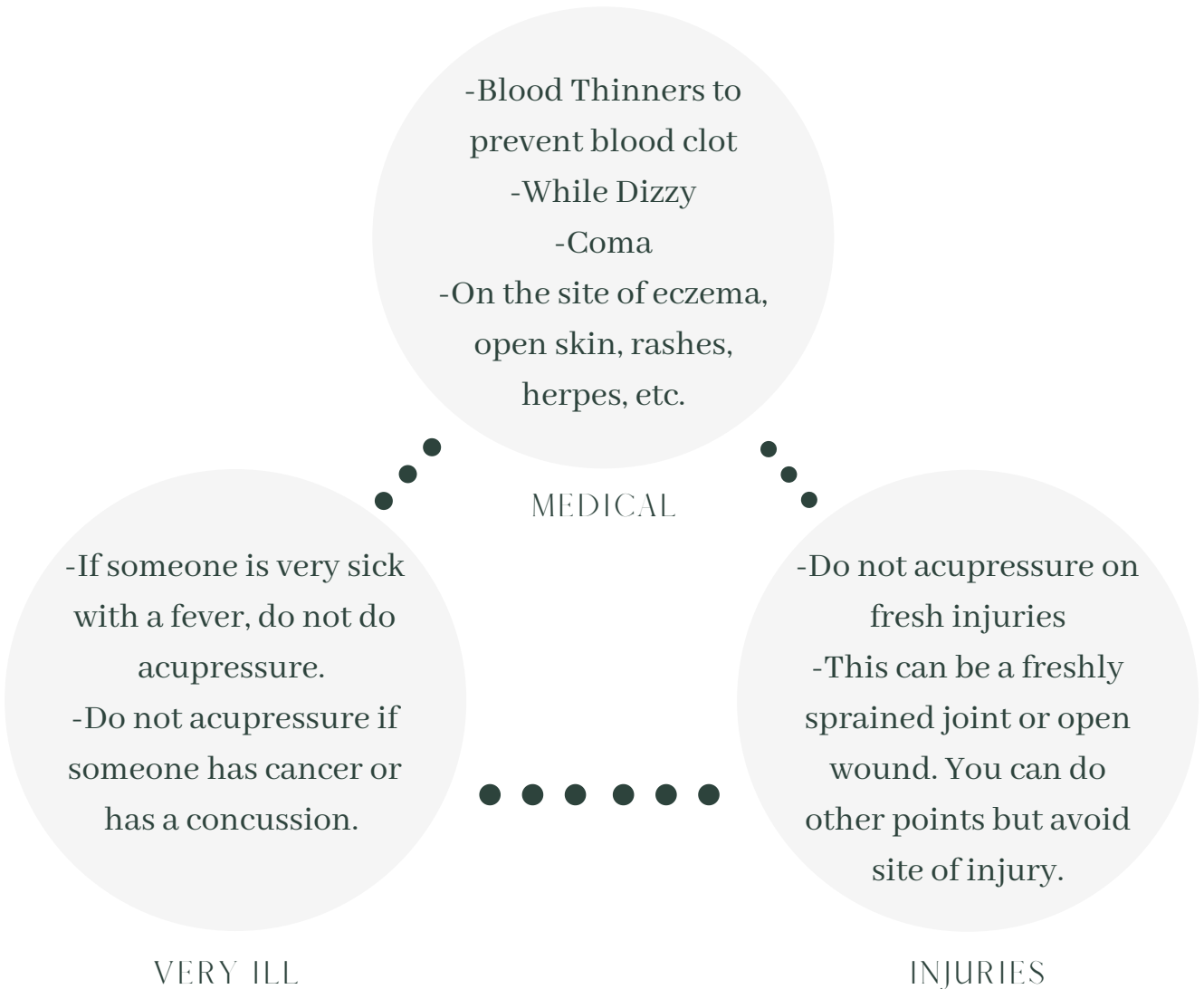
Pick the techniques. Are your symptoms from excess energy or deficient energy? Are you stimulating the point clock-wise or counter clock-wise? Is this chronic or acute? (Chronic=old Acute=new)

## STEP 3:

**Pick Your Goals:**

# CONTRAINDICATIONS

**INSTRUCTIONS:** Always make sure to do no harm first. If you have any of these contraindications, chose another point or add on. Or do not practice a session until the issue has resolved. This is not a substitute for medical advice. Please consult your doctor with any concerns.





# UPPER BODY POINTS

## INTRODUCTION

Upper body Acupressure Points are easy to access and use anytime, any place. Below is a list of the main points followed by practice worksheets. Get comfortable with these before moving on and use them often.

As you get more familiar with acupressure, you can create a longer practice, add essential oils, or take herbs to support you goals. Always err on the side of safety. If there is any question whether something is ok, it probably isn't.

Being well hydrated and well rested will help the effects of your acupressure sessions last. Building a practice focused on the self healing will help you stick with other habits you are building so your tomorrow can be healthier and happier.

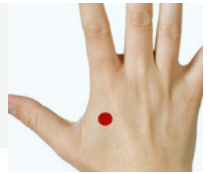
Pick a time of day that you can consistently practice. A few minutes in the morning or before bed are the most popular choices. Acupressure can be a wonderful tool but when it isn't practiced with consistency or intention, it isn't as effective.

Feel free to get an accountability buddy. Maybe there is someone who is in your yoga class, or work place, or family that would like to participate. If you already have a tribe or space where you practice things like yoga and meditation, this is a great addition to your practice. If you are new to this, get into it. Get weird with it. Get specific with it. Build a little altar, set reminders on your phone, read *The Yellow Emperor's Classics on Medicine*. It's a wonderful rabbit hole to explore.

# UPPER BODY POINT WORKSHEET

**INSTRUCTIONS:** This is a great study guide for the upper body points. Using these pictures, page 2, and our Youtube channel, Resilient Holistic Studio, fill in the boxes below. It isn't about perfection, it's about consistency.

LARGE INESTINE 4: WHERE IS IT? WHAT DOES IT DO?



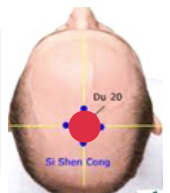
YINTANG/3RD EYE: WHERE IS IT? WHAT DOES IT DO?



PERICARDIUM 6: WHERE IS IT? WHAT DOES IT DO?



GOVERNING VESSEL 20: WHERE IS IT? WHAT DOES IT DO?



GALL BLADDER 20: WHERE IS IT? WHAT DOES IT DO?



# PERSONAL CASE STUDY WORKSHEET

Get familiar with the first set of points. Use this page for practice results.

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ACUPRESSURE SESSION #1

DATE:

POINTS USED

TIME + GOALS. .

MY THOUGHTS, OBSERVATIONS, AND HOW I FELT BEFORE + AFTER



ACUPRESSURE SESSION #2

DATE:

POINTS USED

TIME + GOALS

MY THOUGHTS, OBSERVATIONS, AND HOW I FELT BEFORE + AFTER...



ACUPRESSURE SESSION #3

DATE:

POINTS USED

TIME + GOALS

MY THOUGHTS, OBSERVATIONS, AND HOW I FELT BEFORE + AFTER..





# LOWER BODY POINTS

## INTRODUCTION:

You will work your way through the lower body points section the same as you did the upper body points section. Pay special attention to the sensations you are feeling at the site of the pressure points. Finding a quiet space can help you feel more connected to any feelings you may have come up.

Dull, achey, tingly, sensitive, and tender are all sensations that are common. If you are pressing to where there is pain, back off and use lighter pressure. If you are treating a friend, make sure to check in with them to see if the pressure is ok.

## Self-Care Recommendations:

- Essential Oils: Cedar and Sandalwood can enhance grounding
- Have extra blankets and pillows handy for a comfy place to relax.
- Foot Soaks/Detox are a great option to open meridians and help with blood flow.
- Have a racket ball under your desk to roll out the bottom of your feet.
- Remember to stretch your hips, legs, and feet regularly to build flexibility and stability.

# LOWER BODY POINT WORKSHEET

**INSTRUCTIONS:** This is a great study guide for the lower body points. Using these pictures, page 2, and the videos on our Youtube channel, Resilient Holistic Studio, fill in the boxes below. Showing up is half the battle.

LIVER 3: WHERE IS IT? WHAT DOES IT DO?



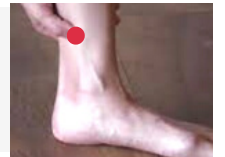
STOMACH 36: WHERE IS IT? WHAT DOES IT DO?



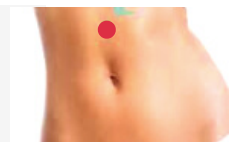
KIDNEY 1: WHERE IS IT? WHAT DOES IT DO?



SPLEEN 6: WHERE IS IT? WHAT DOES IT DO?



CONCEPTION VESSEL 12: WHERE IS IT? WHAT DOES IT DO?



# PERSONAL CASE STUDY WORKSHEET

Get familiar with the second set of points. Use this page for practice results.

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ACUPRESSURE SESSION #1

DATE:

POINTS USED

TIME + GOALS. .

MY THOUGHTS, OBSERVATIONS, AND HOW I FELT BEFORE + AFTER



ACUPRESSURE SESSION #2

DATE:

POINTS USED

TIME + GOALS

MY THOUGHTS, OBSERVATIONS, AND HOW I FELT BEFORE + AFTER...



ACUPRESSURE SESSION #3

DATE:

POINTS USED

TIME + GOALS

MY THOUGHTS, OBSERVATIONS, AND HOW I FELT BEFORE + AFTER..



# PUTTING IT ALL TOGETHER

**INTRODUCTION:** You can use all the worksheets in the following section or one of the worksheets. Use which ever format works best for you!!

You've made it to the last section! Remember, this is a jumping off point. There are over 600 points on the body. In our next EBook, we will dive into the Elements and how we can choose points and self-care rituals around our specific Element and time of the year. At the end you will see a monthly tracker. Hang it on your fridge and check off everyday you do something: acupressure, workout, meditate, and stay in the routine of self-care.

Here are a few other habits that I find extremely useful in helping to build energy, reduce stress, and alleviate pain.

- Natural Light Alarm Clocks: They are about \$30 on Amazon
- Resilient Mindset Information: Books, Podcasts, Gong Baths. (It is endless)
- Magnesium + Vitamin D Supplements
- Insight Timer App for Meditation Ideas
- Yoga w/ Adrienne YouTube channel for short yoga videos
- Trauma Therapy Work

# SELF-CARE ADD ONS

EXPLORE EACH OF THESE AND ADD ONE THAT YOU LIKE TO YOUR ACUPRESSURE RITUAL, OR CHOOSE ONE FROM YOUR OWN LIBRARY OF RESEARCH. IF YOU DON'T LIKE IT, YOU'RE NOT GOING TO DO IT. SO MAKE SURE IT IS SOMETHING YOU ENJOY.

EXERCISE #1: BODY SCAN MEDITATION. (INSIGHT TIMER)

BEFORE I FELT...	AFTER I FELT...
<input type="text"/>	<input type="text"/>

<input type="text"/>	<input type="text"/>	<input type="text"/>
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EXERCISE #2: YIN YOGA FLOW (YOUTUBE, YOGA W/ ADRIENNE)

BEFORE I FELT...	AFTER I FELT...
<input type="text"/>	<input type="text"/>

<input type="text"/>	<input type="text"/>	<input type="text"/>
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EXERCISE #3: LION'S BREATH (YOUTUBE, YOGA INTERNATIONAL))

BEFORE I FELT...	AFTER I FELT...
<input type="text"/>	<input type="text"/>

<input type="text"/>	<input type="text"/>	<input type="text"/>
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# PRESCRIPTIONS WORKSHEET

**INSTRUCTIONS:** Write down 4 key symptoms, one for each block, that have been disrupting your quality of life and when they started. Then take some time and write a corresponding acupressure prescription. A prescriptions should consist of 4 points + 1 self-care add on. (think about your time and stimulation technique as well)

SYMPTOM: DATE



ACUPRESSURE RX:

SYMPTOM: DATE:



ACUPRESSURE RX:

SYMPTOM: DATE:



ACUPRESSURE RX:

SYMPTOM: DATE:

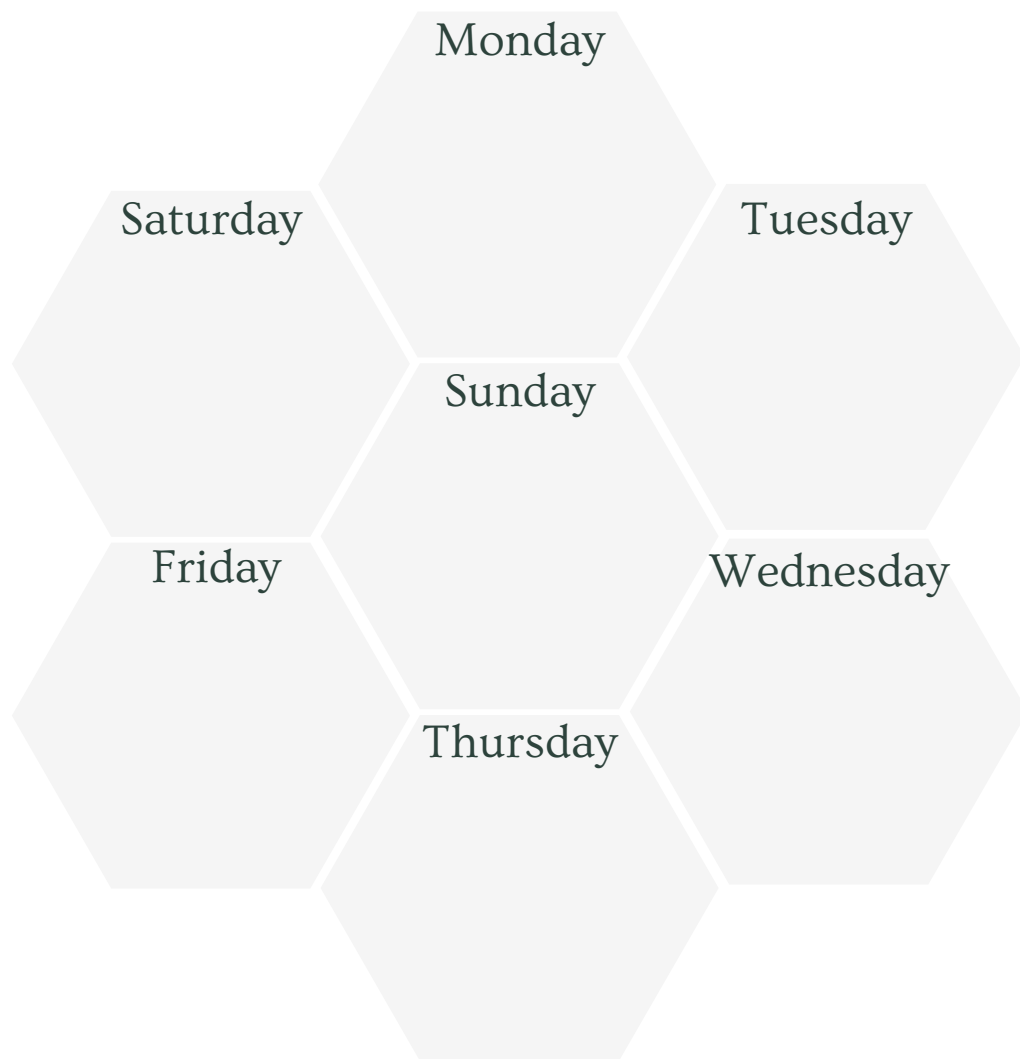


ACUPRESSURE RX:

# DAILY SYMPTOMS

## + GOALS

**INSTRUCTIONS:** On the corresponding day of the week write down one symptom that is bothering you and a positive emotion/mantra/quote to focus on for the day. Then write a self-care prescription on the next page and treat yo' self.



# PERSONALIZED 1 WEEK PRESCRIPTION PAD

IDEALLY YOU SHOULD PICK 4 POINTS AND 1 SELF CARE  
ADD ON 5 X WEEK. SETTING A GOAL AND PLANNING  
AHEAD INCREASES FOLLOW THROUGH BY 91%.

	SELF CARE	POINT	POINT	POINT	POINT
M					
T					
W					
T					
F					
S					
S					



# MONTHLY TRACKER

MONTH:

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	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUES				
WED				
THURS				
FRIDAY				



## HAVE QUESTIONS?

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## MEET THE AUTHOR

I'm so happy you found us! I discovered Eastern Medicine when I was young, depressed, and in pain. I love what miraculous things it is capable of and how it has helped me become a stronger and happier person. As I continue to share what I know with you, I hope it helps you along the way like it has helped me. There is so much to this ancient and rich medicine. If you become a part of this world, you'll never be bored and feel more aligned and lighter than you ever have.

— Kelly Hoeffner L.Ac. MSTCM

***“The law of Yin and Yang is the natural order of the universe, the foundation of all things, mother of all changes, the root of life and death.”- Yellow Emperor’s Classics of Medicine***



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THE FUTURE  
BELONGS TO  
THOSE WHO  
BELIEVE IN THE  
BEAUTY OF  
THEIR DREAMS.

ELEANOR ROOSEVELT



Resilient

Acupuncture+Fire Cupping+Massage