



Stay Balanced with Acupressure

Energy flows through the body along meridians, or pathways. When energy flows smoothly, you are in balance. And balance helps the immune system do its job of fighting off viruses and keeping you healthy.

But when energy gets blocked, toxic dams build up that affect the energy flow throughout your body and put you out of balance. What causes these blockages?

Physical ailments, injuries, and chronic conditions can impact the body's energy balance. But the biggest culprits are emotions and thoughts. On one hand, a positive attitude can support balance, but on the other hand, negative thinking can take you out of balance faster than a blink of the eye. So being proactive is the best way to help yourself stay ahead of the game.

This past year-and-a-half, so many of us have been on an emotional roller coaster. I hear how people are feeling frustrated and finding it hard to stay focused, handle everything on their plate, and get things accomplished. Have you noticed yourself more on edge than usual? It's tricky to feel grounded and balanced when you're experiencing upsetting emotions, stress, anxiety, or a sense of waiting for the next shoe to drop.

Your feelings are important because they give you information about what you need to address in your body. Whether it's frustration, worry, fear, or sadness, you can help minimize the discomfort before it takes your breath away. It begins with awareness. When you are aware of what is going on around you, and within you, you can transform your old patterns and emotions.

Acupressure Supports Balance and Wellness

The good news is that you can calm yourself and reduce upsetting emotions whenever you need to. The relief is in

your fingertips — through a practice of self-help acupressure. Like acupuncture, acupressure has been around for thousands of years. Acupressure, however, requires no needles. You simply apply a light, gentle touch to access the energy balance points that are located on the energy meridians that run throughout your body.



A good place to start is by becoming aware of your breathing. Breathing fully and deeply is essential to the body's smooth-flowing energy system. Is your breath shallow, constricted, or quick? Try this easy acupressure technique to open up your breath and settle your emotions.

Calming Self-Care Acupressure Technique

Fold your arms across your chest and give yourself a big hug. While lightly placing your fingertips on the opposite arms, inhale deeply and exhale fully. Breathe in restorative oxygen and breathe out toxic carbon dioxide. Touching the energy balance points that are between the shoulder

and the elbow allows the body to calm down, relieve anxiety, let go of fear, and release old patterns that get in our way. Because the pose naturally drops the shoulders and opens up the back and neck, it feels good physically, too. Hold this pose for a few deep breaths.

Touching and holding energy balance points in combination releases blocked energy in your body and creates new patterns of vital, free-flowing energy. It's easy to learn, simple to do, and the benefits are noticeable immediately. Anyone of any age can use acupressure to bring balance and harmony to the body and mind. It's a great tool for kids too! Acupressure gives your body a better chance of not creating health "projects" that can hold you back from being who you want to be and doing what you want in the world. I like to use the word project instead of problem to describe any issue your body is having. Projects are more fun to work on, and they have a beginning and an end. You don't have to stay stuck when you have self-care tools to work with.

When you practice expanding your breath and balancing your energy daily, you support your whole self — physically, mentally, emotionally — to handle whatever might come at you, like trauma, injury, illness, fatigue, and strong emotions. A body in balance makes for a happier you!

Get out of Pain

gain ease



Deborah Myers Wellness

Acupressure for kids and grown-ups
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A certified Acupressurist and Jin Shin Jyutsu practitioner, Deborah Myers helps you relieve pain, balance emotions, and increase vitality through private sessions, group classes, and workplace wellness workshops. She has created a self-help animated video program for kids to use at home and in schools, and Deborah's Productive Mindfulness School Program is making a difference for students, teachers, and parents! You can find her at www.deborahmyerswellness.com.