



Acupressure Points for Brain & Mind Support

Simple points to enhance mental clarity, calm the mind, reduce stress, and support overall brain health



HEAD & FACE



1 Baihui (GV-20)
At the crown of the head.

- Promotes circulation
- Clears the mind
- Improves memory
- Uplifts mood



2 Sishengcong (EX-HN1)
Four points surrounding Baihui on the top of the head.

- Relieves brain fog
- Reduces dizziness
- Supports sleep
- Calms the spirit



3 Yintang (EX-HN3)
Between the eyebrows (the "third eye").

- Calms the mind
- Relieves mental restlessness
- Eases tension headaches



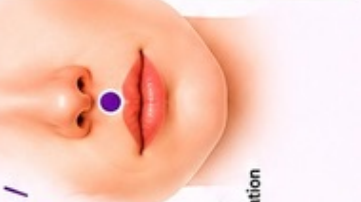
4 Taiyang (EX-HN5)
In the hollow slightly behind the outer corner of the eye.

- Relieves headaches
- Calms mental tension
- Improves concentration
- Reduces overstimulation



5 Fengchi (GB-20)
In the hollow at the base of the skull, on either side of the neck muscles.

- Improves circulation to the head
- Relieves mental fatigue
- Helps with brain fog
- Reduces stress & tension



6 Renzhong / Shui Gou (GV-26)
In the philtrum, directly below the nose.

- Resuscitation point
- Improves concentration
- Clears distracting thoughts
- Restores alertness

HANDS & ARMS



7 He Gu (LI-4)
On the back of the hand in the webbed space between the thumb and index finger.

- Promotes mental clarity
- Relieves head & facial pain
- Reduces stress
- Supports overall well-being



8 Neiguan (PC-6)
Three finger widths above the wrist crease, between the tendons on the inner forearm.

- Calms nervous system
- Relieves anxiety
- Improves emotional balance
- Helps with nausea



9 Shenmen (HT-7)
On the wrist crease, little finger side.

- Calms the mind
- Reduces anxiety
- Supports sleep
- Improves emotional regulation



10 Yongquan (KD-1)
On the sole of the foot, about one-third of the way down from the toes.

- Grounding
- Calms mental agitation
- Helps "bring energy down"
- Supports presence and embodiment



11 Anmian (Extra Point)
Behind the ear, between GB-20 and SJ-17.

- Promotes sleep
- Calms racing thoughts
- Reduces nervous tension
- Supports restoration

How to Use

- ✓ Use gentle pressure with your thumb or index finger.
- ✓ Hold each point for 30-60 seconds while breathing deeply.
- ✓ You can use one point or a combination for greater benefit.
- ✓ Drink water and rest after your practice.



A Gentle Reminder

Acupressure supports balance and well-being. It does not replace professional medical care. Listen to your body and use what feels right for you.

Be gentle. Be present. You are healing.

Brain Support Sequence Suggestion



A beautiful 5-10 minute routine to clear the mind, calm the nervous system and ground the body.