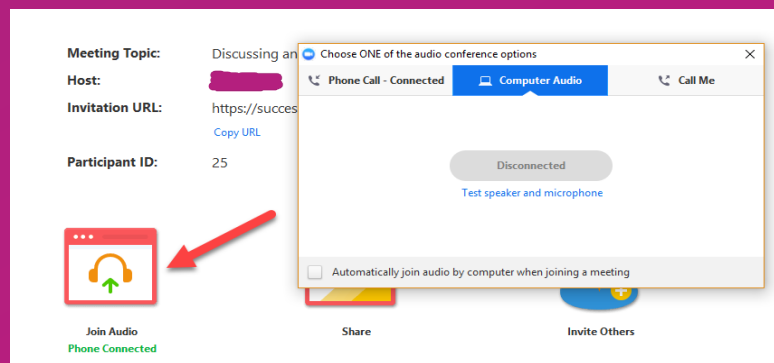


Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise; the presentation will begin promptly at 12:00 PM PST.

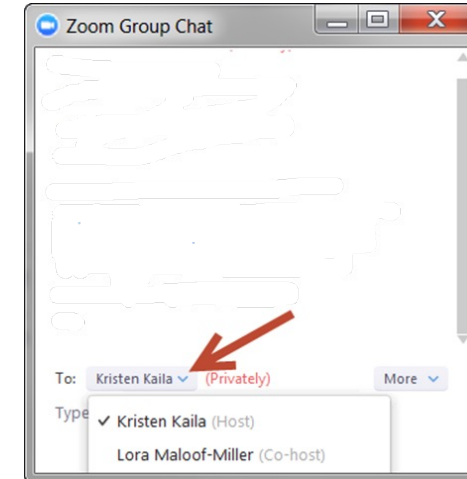
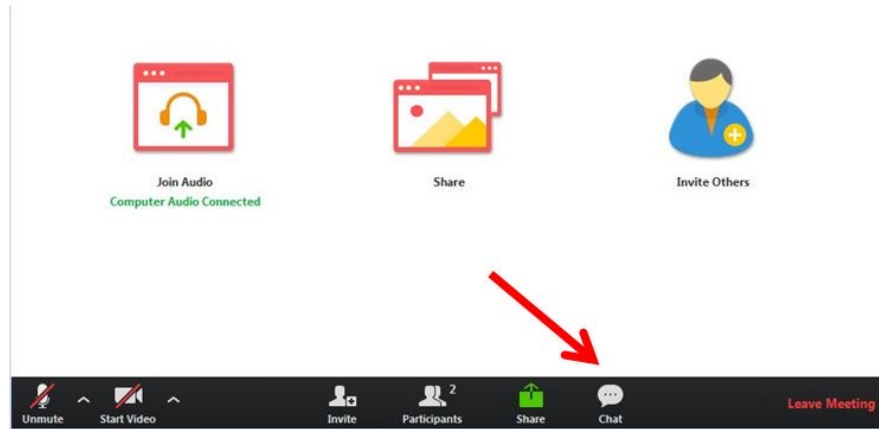
If you wish to change your audio setting: click on the “Join Audio” icon shown on the picture with the arrow. A pop-up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



Call-in number for audio: 1-669-444-9171

Conference Code: 917 8496 1766

Chat function



Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health related questions or problems, please seek the advice of your physician or other qualified health provider.



The Benefits of Acupressure

August 16, 2023

Overview

1. Complimentary Medicine
2. What is Acupressure?
3. Meridians
4. Precautions
5. How to apply self-acupressure for self-care
6. Common uses for self-acupressure

Complimentary Medicine

There are various forms of complimentary medicine:

- Relaxation techniques or meditation
- Yoga
- Massage
- Acupressure or acupuncture



What is Acupressure?

Acupressure is a method of sending a signal in the body to “turn on” its **own self-healing or regulatory mechanisms**.

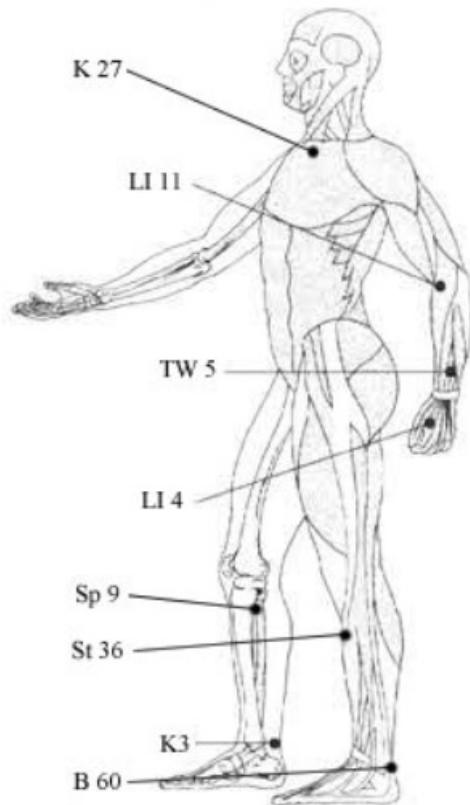
The acupressure points is believed to:

- Improve the flow of chi (life energy) to the muscles and organs
- Increase circulation
- Help provide relief with different ailments*

**Acupressure is not a substitute for medical care*

Meridians and Acupressure Points

The **meridians** are pathways that **connect** the **acupressure points** to each other.



The stimulation of one point can send a healing message to other parts of the body

They're located by referring to anatomical landmarks

They lie underneath major muscle groups or near bone structures



Acupressure vs Acupuncture

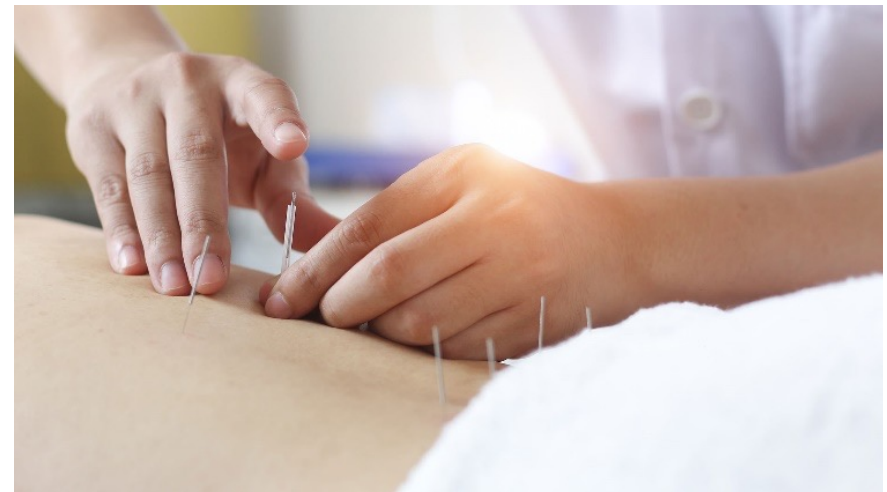
ACUPRESSURE

- Uses finger, palm or tool
- Applied with pressure



ACUPUNCTURE

- Uses thin needles
- Puncture or inserts into the skin



<https://theydiffer.com/difference-between-acupuncture-and-acupressure/>

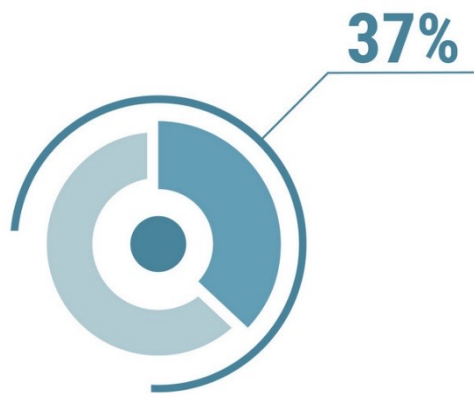
Acupressure Precautions

- Avoid performing self-acupressure on abdominal points if you do not have professional training.
- If you are pregnant, avoid acupressure unless it's performed by a licensed practitioner, because some acupressure points can cause premature labor.
- Avoid performing acupressure on areas where the skin is broken, has been recently injured or where surgery has occurred, including areas with varicose veins, or any cancerous tumors.



Common Uses for Self-Acupressure





Research on Acupressure and Anxiety

2012 – 70 subjects experiencing anxiety prior to abdominal surgery. Half received acupressure on true acupressure points, the remaining subjects received acupressure on sham acupressure points. Subjects that received acupressure on true acupressure points showed improvement on vital sign means.

2018 – Researchers applied acupressure on the Yin Tang point for five minutes. Found it was effective at relieving anxiety for expecting mothers about to undergo cesarean section.

Acupressure for Stress and Anxiety

The acu-point called **Yin Tang (Extra -1)**, is located at the midpoint between your eyebrows. Doing acupressure on this point can help relieve **stress** and **anxiety**. To find this point,

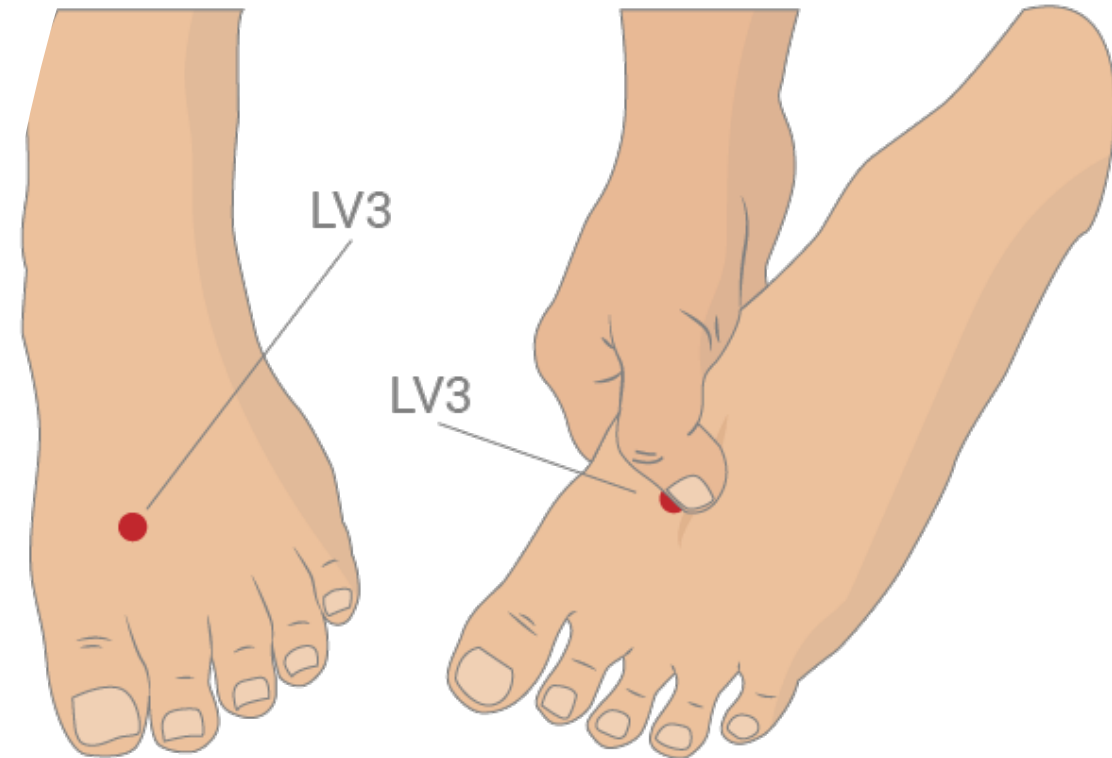
1. Place your thumb or forefinger between your eyebrows.
2. Apply pressure in a circular motion on point for 5-10 minutes. The pressure should be gentle and shouldn't cause discomfort.



Acupressure for Anxiety Disorders

The acu-point called the “**Great Surge**” (L-3), is located on the top of the foot. Performing acupressure on this point can help with panic attacks. To find this point,

1. Place your finger or big toe from opposite foot between the tendons of the big and second toes, and about an inch up from the base of the toes.
2. Press deeply into this area for 1-2 minutes while breathing deeply.

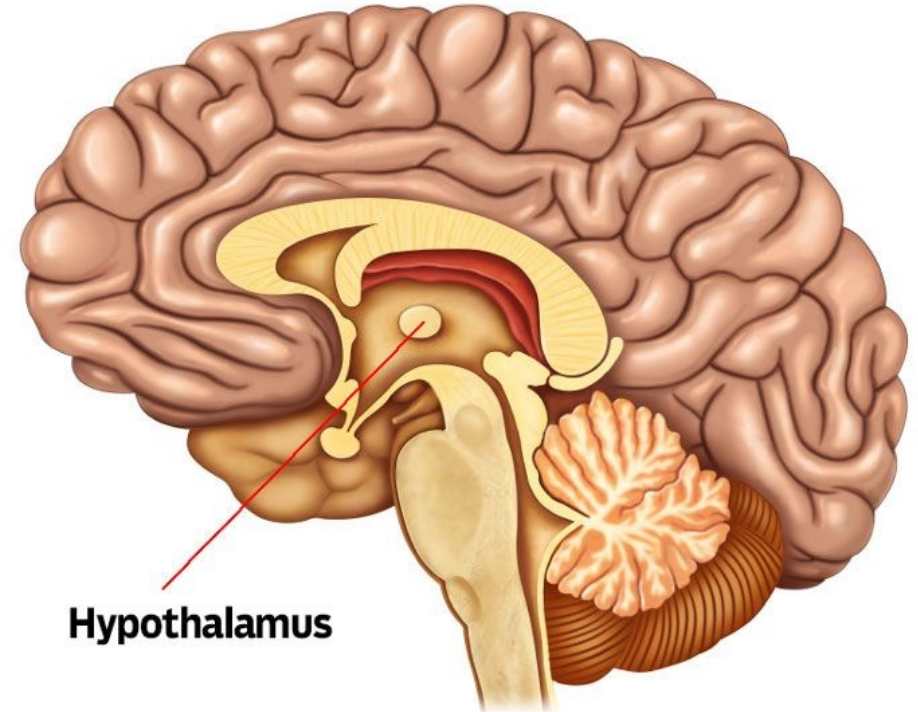


Can Acupressure Help With Depression?

Acupressure helps calm the middle of the brain, an area called the hypothalamus.

What is the hypothalamus?

It signals the pituitary gland to release hormones known as cortisol from the adrenal glands.



The hypothalamus is often on overdrive in people who are depressed.

Acupressure for Grief and Depression

Locate the Acu-Point for **Letting Go (L1)** located on the upper outer portion of the chest, three finger widths below the collarbone. Holding these acu-points on both sides can facilitate letting go of uneasy emotions.

- **Inhale slowly and deeply** as you gradually *release* your finger pressure, lifting your chest and tilting your head back
- **Hold your breath** for a few seconds to take in the oxygen
- **Exhale** as your head comes frontward and your fingertips *return* to the (L1) acu-points
- **Repeat** This exercise 4-5 times.

LU 1





Can Acupressure Help With Insomnia?

Acupressure can improve sleep by promoting relaxation and rest.

Many studies using acupressure to treat insomnia have found results similar to medication but without the harmful side effects such as

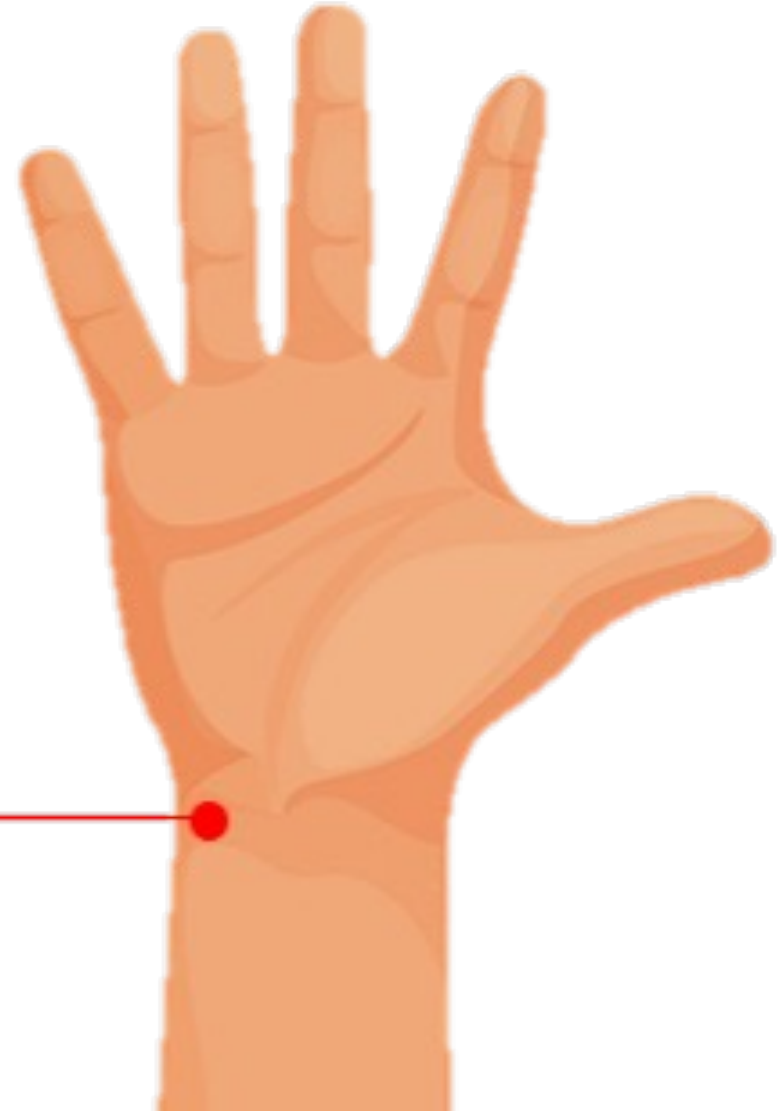
- Tolerance
- Addiction
- Neurological toxicity
- Excessive sedation

Acupressure to Induce Sleep

If your case of insomnia is not associated with any other underlying medical condition, locate the **Spirit gate (H7)** acu-point. This is located at the crease on your outer wrist, below your pinkie finger.

- Feel for the small, hollow space in this area and apply gentle pressure in a circular or up-and-down movement
- Continue for two to three minutes
- Repeat on the same area of your other wrist

HT 7

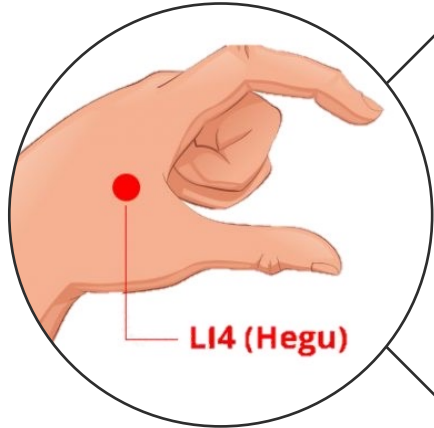


Can Acupressure Help With Pain?

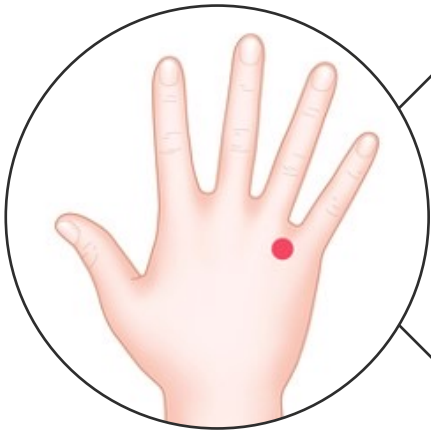
When the acu-points for pain are stimulated, parts of the nervous system are also stimulated to relieve pain. This includes:

- Headaches
- Fibromyalgia
- Musculoskeletal pain
- Post-surgery recovery
- Sciatica
- TMJ

Acupressure Points for Pain

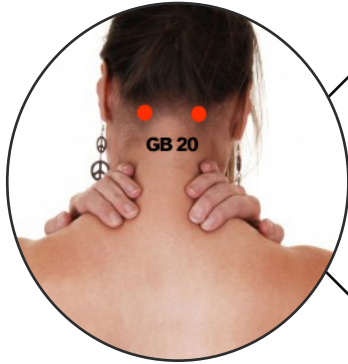


Located in the soft fleshy area between the bones of the thumb and index finger; use this point to help with pain, discomfort and body aches. Known as **He Gu (LI4)** acupressure point. Caution: do not use this point if you are pregnant!

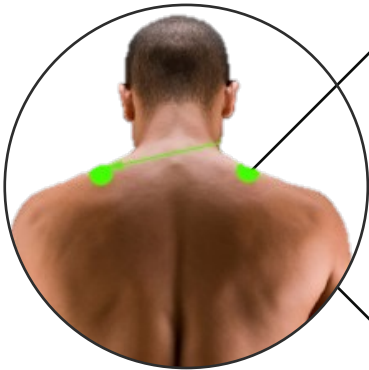


Located in the groove between the knuckles of the pinky and ring finger. Commonly used for temporal headaches, shoulder and neck tension, and upper back pain. Known as **Zhong Zhu (TE3)** acupressure point.

Acupressure Points for Headaches



Located in the soft fleshy area where the neck muscles connect to the base of the skull. Recommended for headache, migraine, eye blurriness, and fatigue. Known as **Feng Chi (GB20)** acupressure point.



Located in the muscle by first pinching the shoulder muscle with your thumb and middle finger. This is used for neck stiffness, shoulder tension and headaches. Known as **Jian Jing (GB21)** acupressure point. Caution: do not use this point if you are pregnant!

Let's practice!

How to Apply Self-Acupressure

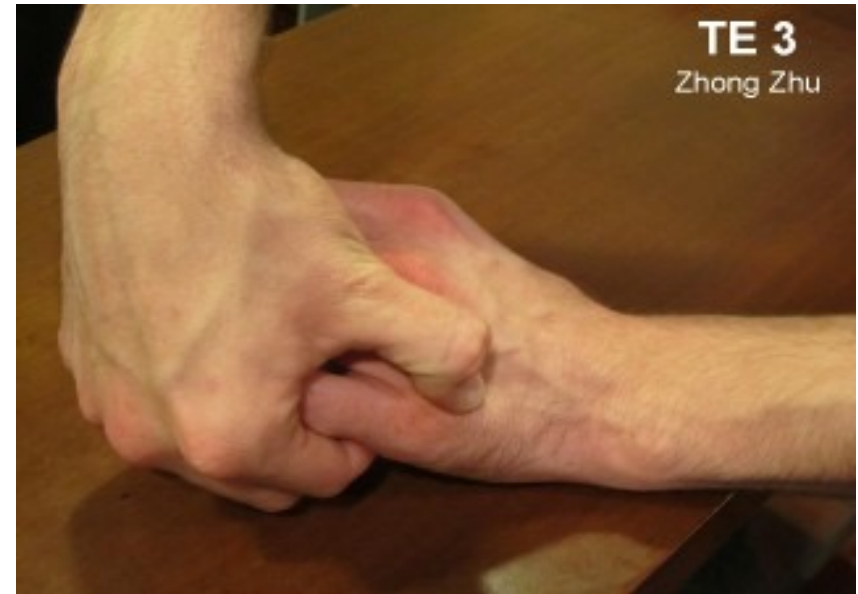
Method:

1. Relax in a comfortable position
2. Breathe deeply, gently, and slowly throughout the treatment.
3. Locate the acupressure point; using the middle finger pad or palm to self-massage and stimulate each point. Starting with light pressure and adding deep pressure slowly
4. Close your eyes and focus on the sensation
5. Apply pressure on the point for around 40 seconds up to 3 minutes, and repeat about 3 times for each point. You can either press and hold, or use a circular motion. There may be slight discomfort and tension at the point, but it should not be painful – adjust the amount of pressure accordingly.

Practice: Acupressure for Upper Body Tension

Locate the acupressure point; using the finger pad to self-massage and stimulate the **Zhong Zhu (TE3) acupressure point**, which is located in the groove formed by the tendons of the pinky and ring finger – just behind the knuckles.

- **Start with light pressure** (There may be slight discomfort and tension at the point, but it should not be painful – adjust the amount of pressure accordingly). If there is no pain, add deep pressure slowly.
- Close your eyes and **focus** on the sensation between the acupressure point and your finger pad.
- You can either press and **hold**, or use a circular motion – continue to breathe slowly and deeply.



Practice: Acupressure for Fatigue

Locate the acupressure point; using the tips of your thumbs and stimulate the **Feng Chi (GB20)**, which is located where the neck muscles attach to the base of the skull.

1. Start with light pressure and **add deep pressure slowly** – continue to breathe slowly and deeply. (There may be slight discomfort and tension at the point, but it should not be painful – adjust the amount of pressure accordingly)
2. Close your eyes and **focus** on the sensation between the acupressure point and your thumbs
3. You can either press and **hold**, or use a circular motion. Remember to breathe slowly and deeply.





Other Acupressure Applications

*Laser acupuncture, Cupping,
combined with deep tissue or
breathing techniques*

Acupressure with Massage

A combination of massage strokes with **acupressure** trigger points can be done to release tension and increase circulation in the body.

- Before massage session – acupressure can **help with relaxation**, calming the mind, restoring balance.
- During the massage session – acupressure can help **release tension** prior to performing massage strokes for situations where “deep tissue” massage is not ideal.
- After the massage session – acupressure can help **“ground” you**.

Acupressure with Breathing Techniques

- 1. Breathing Detoxifies and Releases Toxins.** Your body releases 70% of its toxins through breathing.
- 2. Breathing Releases Tension.** Your body constricts when it is angry, scared or stressed. When you breathe deeply your body gets the oxygen it needs.
- 3. Breathing Brings Clarity.** Paying attention to your breath relaxes your body and mind.
- 4. Breathing Relieves Pain.** Breathing helps clear uneasy feelings and helps ease pain.

Summary

Can be used to restore vitality, address pain, headaches, insomnia, and uneasy emotions.

The meridians are pathways that connect the acu-points to each other as well as to the internal organs.

Self-
Acupressure

If you're pregnant, avoid certain acu-points

Combined with breathing, it changes the chemistry in our body by releasing toxins and tension.

If you wish to learn more about
Acupressure and other Acu-points, go to

<https://pointfinder.org/>

What are you currently doing for
self-care?

Self-Care in a Post Pandemic World

U.S. adults (80%) say they will be more mindful about practicing self-care regularly once the pandemic is over.

Psychologytoday.com 2020



How Are We Doing?

- Nearly three in five (59%) people will only practice self-care if they feel stressed.
- More than seven in 10 (72%) people like to use self-care as a reward after a long, tough week.
- Respondents cited these benefits of self-care: self-confidence boost (64%), increased productivity (67%), happiness (71%).

Health & Wellness Resources

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
 - Weight management
 - Nutrition
 - Smoking Cessation
 - Exercise
 - Stress Management



Highly interactive, individually-tailored applications

- Built-in progress tools and in-the-moment coping tools
- Online community support
 - anxiety, stress and depression
 - Alcohol and drug abuse
 - Pain management
 - PTSD and insomnia
 - Mindfulness



HN members can enroll at: mystrength.com/go/healthnet
Community members: www.mystrength.com Access Code: HNcommunity

Telephonic Support/Health Coaching



Personalized support

Work one on one with a health coach:

Learn what to expect when trying to make a healthy change.

Understand what motivates you.

Decide exactly what you want to focus on.

Set specific health goals.

Track your progress – Your coach will help you stay with it!



Not sure what to do?

Call our Nurse Advice Line. A registered nurse is ready to answer your questions.

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Healthy Discounts

With Decision Power® Healthy Discounts, you'll get value-added discounts on lifestyle improvement products and services, including:



Weight management
•Weight Watchers



**Chiropractic/
acupuncture
services and
more**
ChooseHealthy



Eye care
EyeMed



**Hearing aids
and screenings**
•Connect Hearing
•Beltone



**Fitness club
discounts**
ChooseHealthy

Online Health Challenges



Ongoing monthly challenges

Health Net Members September Health Challenge Step It Up

- Ready, Set, Summer*
- Move to Snooze
- Digital Detox
- Smart Snacks
- Every Step Counts

Non-HN members register or log on:
<https://sharecare.com>

HN members register or log on :
<https://healthnet.sharecare.com>



* 90 day challenge

Upcoming Wellness Webinar

Micro Workouts – Working Out Efficiently

September 20, 2023

12pm-12:45pm pacific time

Topic includes:

- Find out how to effectively train your whole body
- Learn how micro workouts can help maintain exercise consistency, reduce overuse injuries, and lead to better mental health.

Thank you for attending!
