Acupoints to Improve Mental Focus

• Acupressure applied to acupoints on face, scalp, and neck
  o Routine is based in Taoist traditions.
  o The goal, from perspective of tradition, is for general health, well-being and self-care.
  o This is a daily practice, done ideally in the mornings and/or evenings.
  o Usually combined with other self-massage practices throughout the rest of the body, in addition to Qigong routines (eg, Ba Duan Jin/Eight Brocade, Yijin Jing/Sinew Strengthening Method)
Acupoints to Improve Mental Focus

• Acupressure applied to acupoints on face
  o In traditional Chinese medicine theory, all Yang meridians connect to the face. According to this model of the body, we then have the potential to influence the rest of the body through the face.
Acupoints on the head

- **Tulingjiao GB-11**: Directly above Sunggao GB-14, 0.5 cm
- **Quchi BL-1**: Within the anterior hairline, 5.5 cm lateral to Shenting DU-24 and one-third of the distance between Shenting DU-24 and Tianzhu SI-11
- **Shenting DU-24**: On the midline, 0.5 cm posterior to the anterior hairline
- **Taiwei ST-5**: 4.5 cm lateral to Shenting DU-24 and 1.5 cm anterior to the anterior hairline
- **Yangbai GB-14**: 1 cm superior to the midpoint of the eyebrow, directly above the pupil
- **Zusanli ST-3**: Directly below the site of Zusanli ST-3, below the eyebrow, at the inner canthus, 0.5 cm lateral to the nose, on the lateral side of the nasolateral groove
- **Zuchi BL-2**: In the depression at the medial end of the eyebrow
- **Yintang (M-HN-3)**: In the glabella, at the midpoint between the medial corners of the eyebrows
- **Biting (M-HN-14)**: On the highest point of the nasolateral groove
- **Quanliao SI-18**: Directly below the nose, in the depression at the outer border of the zygomatic bone
- **Yingxiang L1-2**: On the nasolateral groove, at the level of the midpoint of the lateral border of the ala nasi
- **Guanyuan (M-HN-10)**: In the depression in the center of the nasolateral groove
- **Baihui DU-26**: Above the upper lip on the midline, at the junction of the upper lip and lower two thirds of the philtrum
- **Deqiu SI-20**: Directly below the ear, in the depression at the postauricular sulcus, directly opposite the ear canal
- **Jiushu SI-21**: On the postauricular sulcus, slightly superior to the crusfacial process of the mandible
- **Tinggong SI-19**: In the depression between the lower border of the tragus and the crus facialis process of the mandible
- **Tianzhong GB-9**: In the depression, 0.5 cm posterior to Shangguan GB-3
- **Yingxue GB-12**: In the depression, 2 cm anterior to Baihui DU-26, 1 cm lateral to the midline
- **Zhimai DU-10**: 1.3 cm lateral to Yamen DU-15
- **Yuzhen BL-9**: 1.3 cm lateral to Naohu DU-17
- **Bailao (M-HN-30)**: 2 cm anterior to Baihui DU-26, 1 cm lateral to the midline
- **Houding DU-19**: 1.5 cm above Qiangjian DU-18
- **Qiangjian DU-18**: 1.5 cm above Naohu DU-17
- **Naohu DU-17**: 1.5 cm above Fengchi GB-20
- **Fengchi GB-20**: Midway between Fengchi DU-16 and the manubrium
- **Tianzhong GB-9**: In the depression, 2 cm lateral to Yamen DU-15
- **Bailao (M-HN-30)**: 2 cm anterior to Baihui DU-26, 1 cm lateral to the midline
Acupoint Massage for Mental Focus

• What does the research say?
  o Acupressure has been shown to reduce pain, stress/emotional distress and anxiety.
  o Studies have included the effects of acupressure on health care workers, hospitalized patients, and general population.
  o One study on health care workers evaluated effects of acupressure on "self-efficacy", i.e. the ability to manage stressors and therefore exhibit "higher problem-solving ability" in the workplace.
Acupoint Massage for Mental Focus

- What does the research say?
  - Emotional Freedom Techniques include application of facial acupoint stimulation, and has been studied extensively.
  - Type of stimulation tends to include a soft tapping, instead of a gentle circular massage, as will be demonstrated today.
Facial Acupressure Demonstration
References


• Waggy, Deanna OTR; Mozer, Carroll Noel OTR/L; and Zurwaski, Marilyn OTR/L (2023) "Acupressure Modality Effectiveness: Research Results for Pain and Anxiety," Journal of Transformative Touch: Vol. 2: Iss. 1, Article 6.


• Derya Ister E, Altinbaş Y. The Effect of Acupressure on Anxiety and Pain Among Patients Undergoing Coronary Angiography: A Randomized Controlled Trial. Holist Nurs Pract. 2022 Nov-Dec 01;36(6):E57-E63.