

Home Acupressure – Stress & Irritability

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Never before have we faced such uncertain times. Obviously, this is enormously stressful; then add the mental pressures of social distancing and self-isolation, it's not surprising we may feel a little more irritated with our loved ones or with life in general!

Whilst we are not allowed to practice traditional acupuncture at present we can substitute needles for acupressure on specific points on the body, that are very commonly use in clinic. The main point of the body for stress & irritability is Liver 3. This point has wide-ranging powers from alleviating symptoms that stem from stagnation in the body to headaches, muscle and joint pain and menstrual cramps.

Liver 3 - Where is it located?



Liver 3 is located on the top of the foot between the first and second toes. The point is actually at the point where the first and second metatarsal bones meet and if you are showing the emotional symptoms of stress and irritation this point will most likely feel quite tender.

How do I do acupressure on Liver 3?

Use your thumb and apply firm pressure for 2-3 minutes whilst taking some slow deep breaths. Then switch to the other foot.

Liver 3 is an effective point because it is a source point in Chinese Medicine. These source points are special in that they are single high concentration points that link to the body's larger system.

This point is a great way to start acupressure on members of your family and you may be glad to know, it can be done through socks if you're not a great fan of feet – loved ones or not!