



Acupressure is a form of massage that can help relax your muscles. Use this acupressure exercise to help ease headaches, migraines, fatigue (being very tired), and low energy.

In this exercise you will massage your head behind your ears.

1. **Interlock your fingers. Then open your palms.**
2. With your fingers interlocked, **put your hands behind your head** so that your hands are holding the back of your head.
3. **With your thumbs, massage the area 2 inches behind your ear lobes** where your head meets your neck. Use the photo below to help find the area.
4. **Massage the area by pushing down with your thumbs in a circular motion.** Massage as long and as often as you need. Remember to relax and breathe deeply as you massage the area.



(photo taken from Explore IM)

**If you have any questions about wellness, please contact  
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