



Warning: Do not do this exercise if you are pregnant.

Acupressure is a form of massage that can help relax your muscles. Use this acupressure exercise to help ease stress, facial pain, headaches, toothaches, and neck pain.

In this exercise you will massage your hand between your thumb and pointer finger.

1. With your right hand, **pinch your left hand between your thumb and pointer finger.**
2. Feel around so that you are pinching **the top of the muscle**, right where your thumb and pointer finger meet on your hand.
3. **Squeeze to massage the point** on your hand. Massage as often as you need. Remember to relax and breathe deeply as you massage the area.
4. **Repeat on your right hand.**



(photo taken from Explore IM)

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