

Acupoints to Improve Mental Focus

- Acupressure applied to acupoints on face, scalp, and neck
 - Routine is based in Taoist traditions.
 - The goal, from perspective of tradition, is for general health, well-being and self-care.
 - This is a daily practice, done ideally in the mornings and/or evenings.
 - 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)

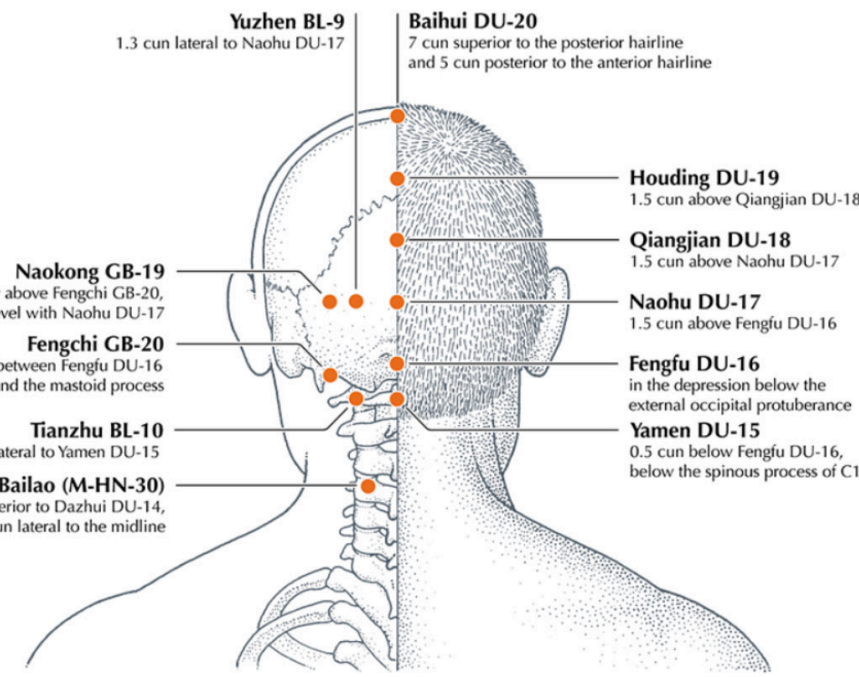
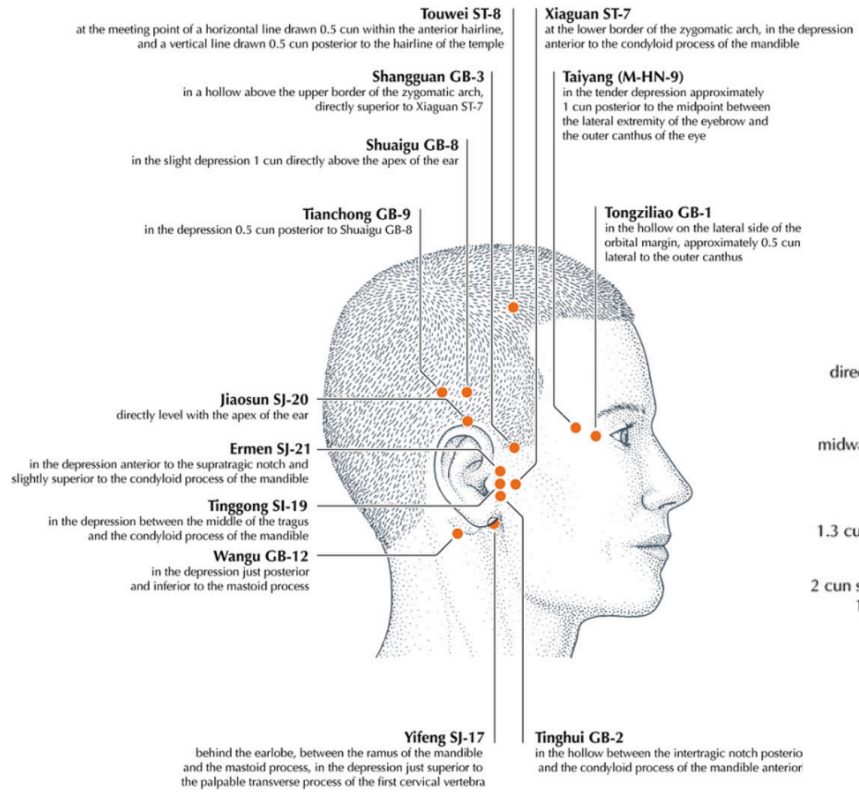
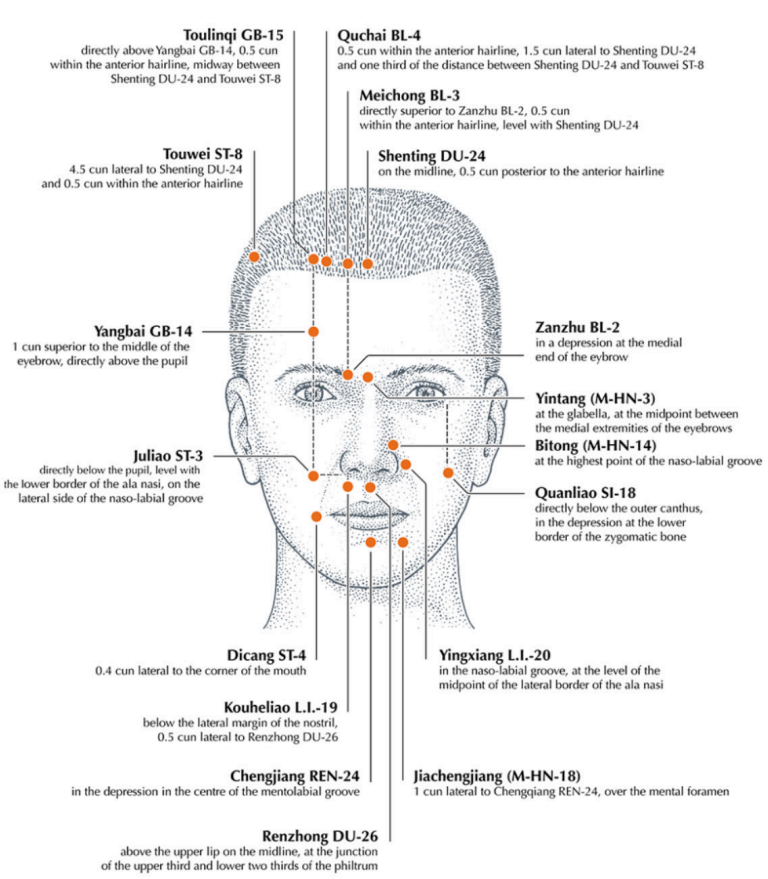


Acupoints to Improve Mental Focus

- Acupressure applied to acupoints on face
 - 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



Acupoint Massage for Mental Focus

- What does the research say?
 - Acupressure has been shown to reduce pain, stress/emotional distress and anxiety.
 - Studies have included the effects of acupressure on health care workers, hospitalized patients, and general population.
 - 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

- Cho, Y.; Joo, J.-M.; Kim, S.; Sok, S. Effects of Meridian Acupressure on Stress, Fatigue, Anxiety, and Self-Efficacy of Shiftwork Nurses in South Korea. *Int. J. Environ. Res. Public Health* 2021, 18, 4199.
- Afrasiabi J, McCarty R, Hayakawa J, Barrows J, Lee K, Plouffe N, Schomberg J. Effects of Acupuncture and Acupressure on Burnout in Health Care Workers: A Randomized Trial. *J Trauma Nurs.* 2021 Nov-Dec 01;28(6):350-362.
- Bach D, Groesbeck G, Stapleton P, Sims R, Blickheuser K, Church D. Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health. *J Evid Based Integr Med.* 2019 Jan-Dec;24:2515690X18823691.
- 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*
- Chen SR, Hou WH, Lai JN, Kwong JSW, Lin PC. Effects of Acupressure on Anxiety: A Systematic Review and Meta-Analysis. *J Integr Complement Med.* 2022 Jan;28(1):25-35.
- 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

