

Give yourself an acupressure massage



Traditional acupuncture works with the body's own internal energy called Qi, which runs along channels or "meridians" throughout the body, and has links to different organ systems. In Chinese Medicine, acupuncture regulates the flow of Qi by inserting needles at specific acupuncture points along the meridians. It harmonises the Qi within these energy pathways, restoring balance, health and wellbeing – and you can stimulate some of these acupuncture points at home to restore calm, harmony and relaxation. Here are three key points, explained by Rhiannon Griffiths, who is a member of the British Acupuncture Council.

1 Yintang Found just above the midpoint between the eyebrows. Place your finger between the eyebrows and move slightly upwards, over the ridge of bone, into a dip. You will be above the horizontal line of the eyebrows. This is where your "third eye" is considered to be. A deeply relaxing point, massage it gently with your finger for a few minutes to rebalance.

2 Heart 7 This is located at the wrist flexure, on the little finger side of your up-facing palm. Follow your little finger down to the wrist crease, where you will feel a little round bone at the

corner of your palm. The point is at the lower corner of that bone, where the wrist bends. Massage the area whenever anxiety or nerves are high, to calm the heart.

3 Liver 3 This point is on the foot, in the fleshy bit between the big toe and second toe. To find it, go to the outside of the big toe, follow it down to where the "knuckle" is. Go over it and you are at the right level for this point. All you need to do now is hop over the big toe itself, at this level, into the fleshy bit on the foot. It may feel tender when you press it. Stress suggests stuck energy, so massage here when you're feeling stressed out to get the Qi flowing smoothly again.

NB Do not do this while pregnant.

