

**for STRESS**

**Governing Vessel 24.5 - Third Eye**

Slight indent between the eyes.

*Hold for 3 minutes while breathing deeply.*

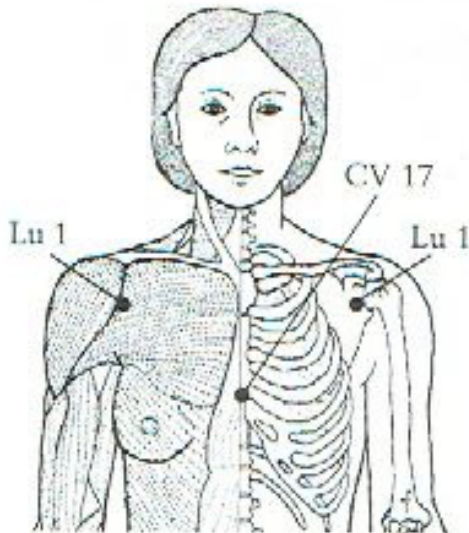
- When feeling frustrated, irritated, tense, nervous or tense.

**Conception Vessel 17 Sea of Tranquility**

4 finger widths up from the up from the base of the breast bone (sternum). Feel for the indent.

*Close your eyes and gently place your middle finger on point, breathing deeply for three minutes while focusing your attention the point.*

- To collect your thoughts, rejuvenate yourself



**for PANIC & ANXIETY**

**Conception Vessel 17 Sea of Tranquility**

4 finger widths up from the up from the base of the breast bone (sternum). Feel for the indent.

*Deeply breath into the heart*

- Use when feeling anxiety attack.

**Lung 1 - Letting Go**

Three finger width below the collarbone.

*Hold pointes firmly and breathe deeply.*

- Use if you feel a panic attack coming on.