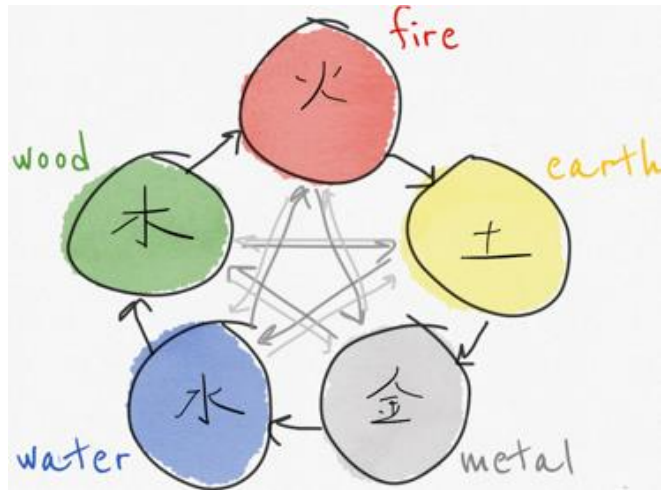
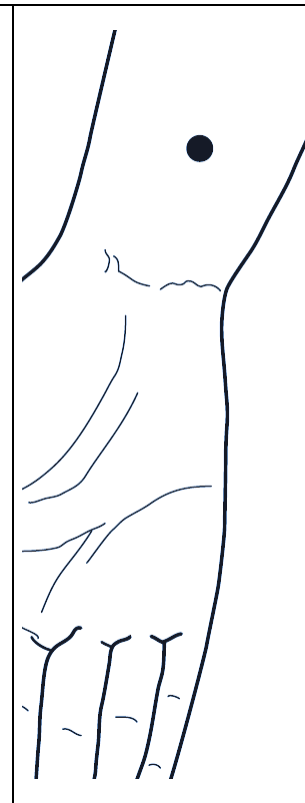


**Wood**  
**Liver 3**

- between big toe and second toe, top forefoot
- releases stress, anger, frustration

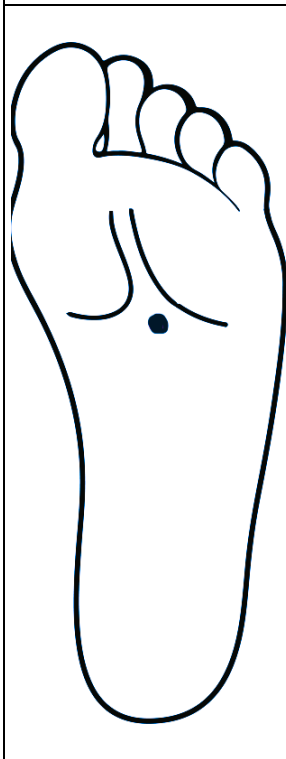
**UCLA Health** | Center for East-West Medicine

**5 Element Acupressure for Mental Health**

**Fire**  
**Pericardium 6**

- 3 fingers below wrist crease, middle of two tendons
- calms anxiety, nausea, chest tightness, palpitations

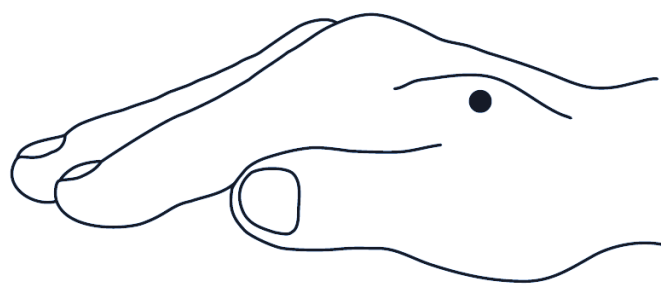
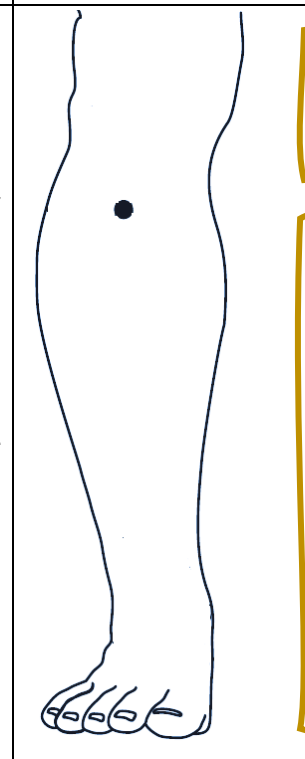


**Water**  
**Kidney 1**

- middle of bottom forefoot
- calms the spirit, clears the mind, eases fear, helps sleep

**Metal**  
**Large Intestine 4**

- bulge of muscle when squeezing thumb to hand
- relieves pain, stress, headaches, toothaches

**Earth**  
**Stomach 36**

- 4 fingers below kneecap, lateral to shin
- boosts mood and energy, helps with stomachaches