SELF-CARE TOOLS

Evidence-Based Stress Reduction Techniques

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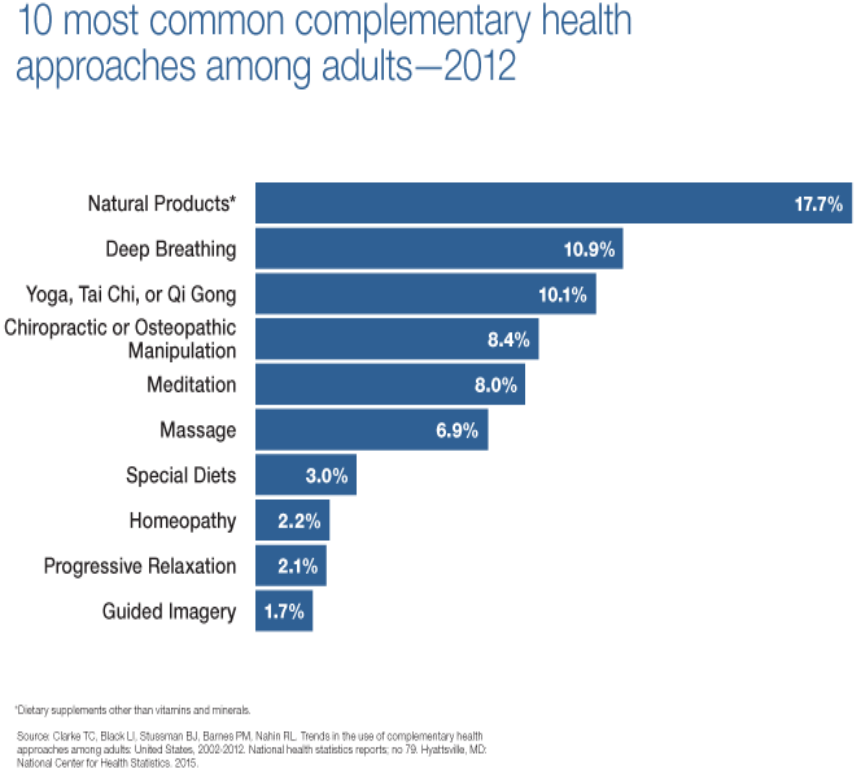
Complementary Integrative Health Therapies (CIHT)

- 1998 CAM established; 2012 changed to CIHT to better reflect core competencies, values and integration.

- Integrative health care often brings together conventional and complementary approaches in a coordinated way, defining Integrative Medicine.

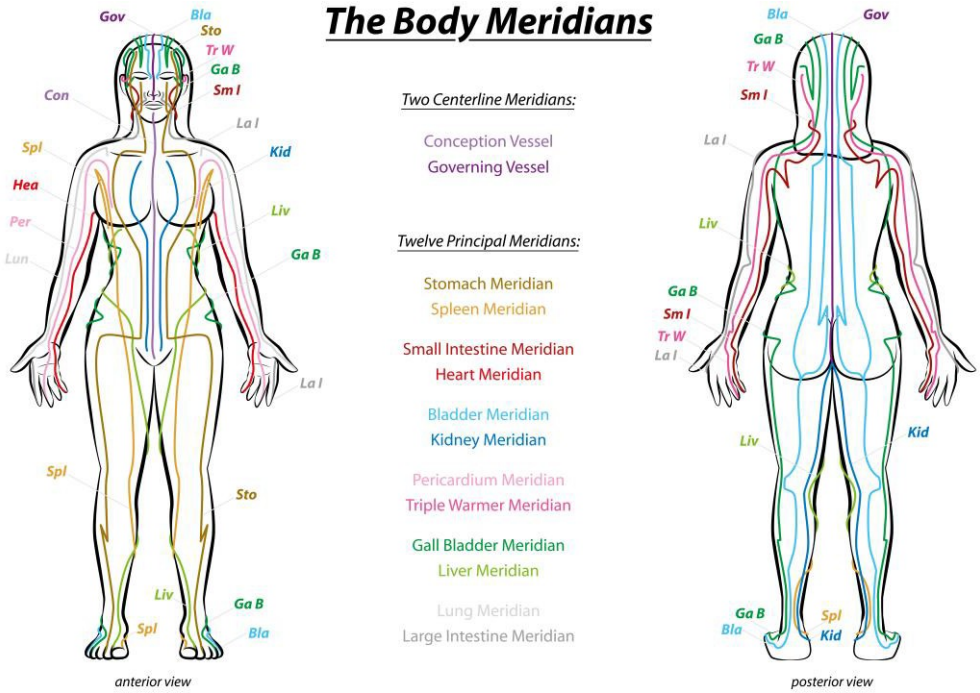
- Approach includes mental, emotional, functional, spiritual, social, and community aspects of patient and family.

- https://www.nccih.nih.gov/health/complementary-alternative-or-integrative-health-whats-in-a-name

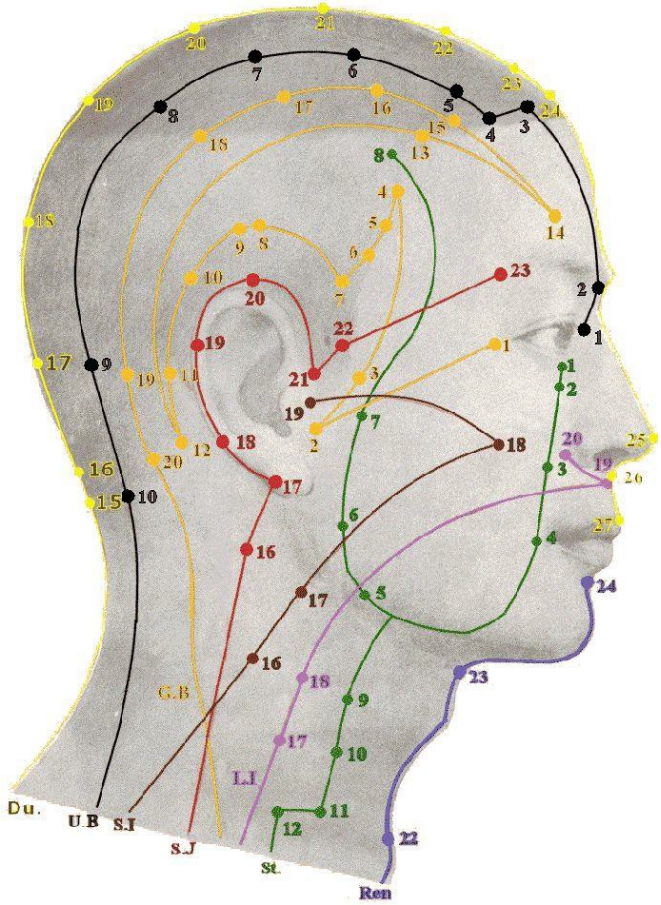


ACUPRESSURE

- A system of integrative medicine, based on the principles and philosophy of Traditional Chinese Medicine, that utilizes specific points called “acupoints” located along energetic pathways known as channels or meridians.



Acupoints



- Each acupoint has more than one action
- Apply medium pressure directly on to the point
- Hold for 15 seconds; then apply circular pressure for an additional 15 seconds

Yin Yang

Yang: Light

Yin: Dark

Yang: External

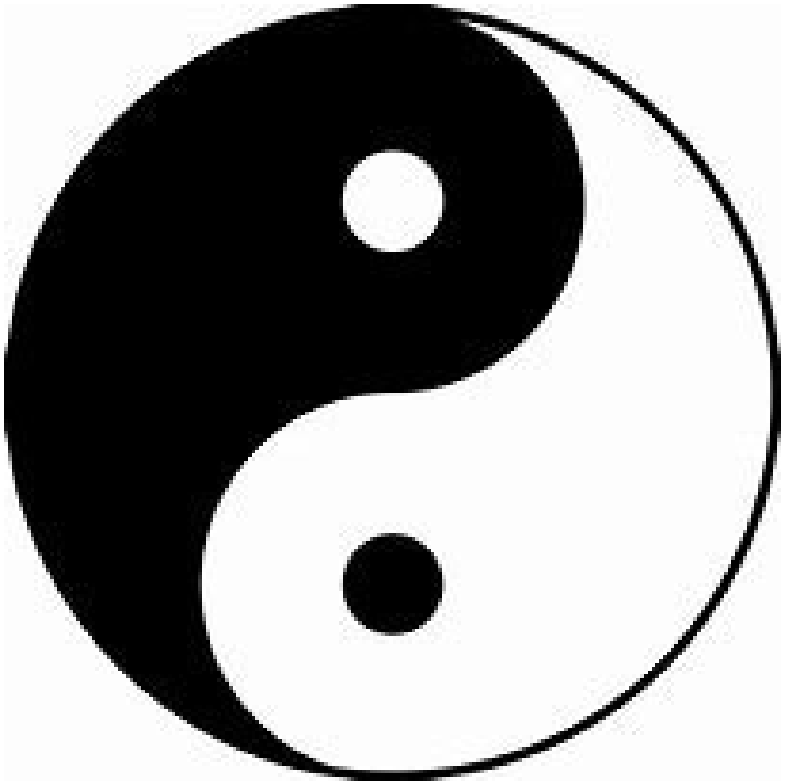
Yin: Internal

Yang: Excess

Yin: Deficiency

Yang: Rising

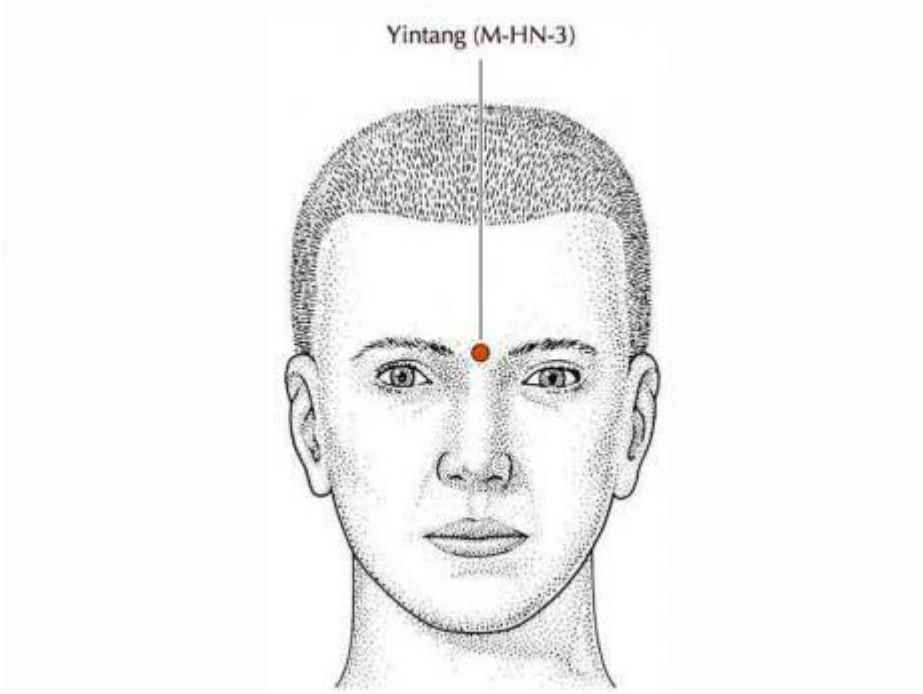
Yin: Sinking



Yintang
Hall of Impression

Location:

At the glabella, at the midpoint between the medial extremities of the eyebrows.



Actions:

Calms the mind

Benefits the nose

Alleviates pain

Clinical Applications:

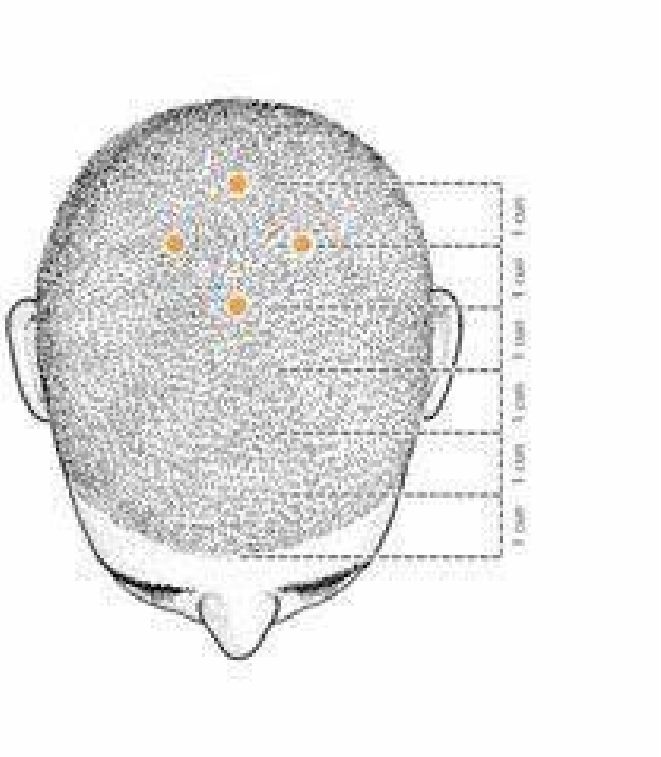
Insomnia, anxiety, agitation, mental clarity, frontal headache, nasal congestion.

Sishencong
Four Alert Spirit

Location:

Four points at the vertex of the scalp.

Approximately two finger widths distance between each of them.



Actions:

Calms the spirit

Pacifies wind

Benefits the eyes and ears

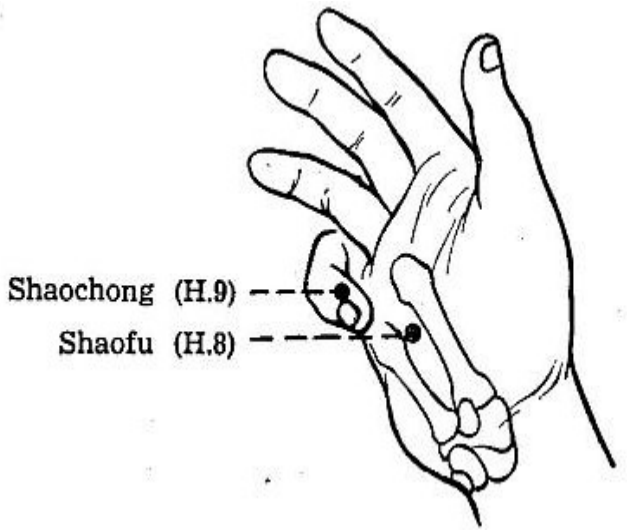
Clinical Applications:

Depression, insomnia, poor memory, headache, dizziness.

Shaofu – Heart 8
Lesser Palace

Location:

On the palm, in the depression between the 4th and 5th metacarpal bones. Where the tip of the little finger rests when a loose fist is made.



Actions:

Calms the spirit

Regulates Heart qi

Activates the channel and alleviates pain

Clinical Applications: palpitations, fear, sadness and worry, fear of people and agitation.

Laogong - Pericardium 8
Palace of Toil

Location:

Between the second and third metacarpal bones, in the depression, where the tip of the middle finger rests when a loose fist is made.



Actions:

Calms the spirit

Cools blood

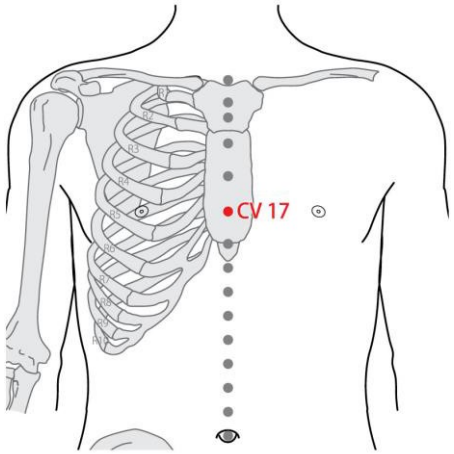
Harmonizes the Stomach

Clinical Applications: depression, fright, sadness mouth ulcers, throat pain, vomiting.

Shanzhong – Ren 17
Chest Center

Location:

On the midline of the sternum, in a depression level with the junction of the fourth intercostal space and the sternum.



CV17

Actions:

Regulates qi and unbinds chest

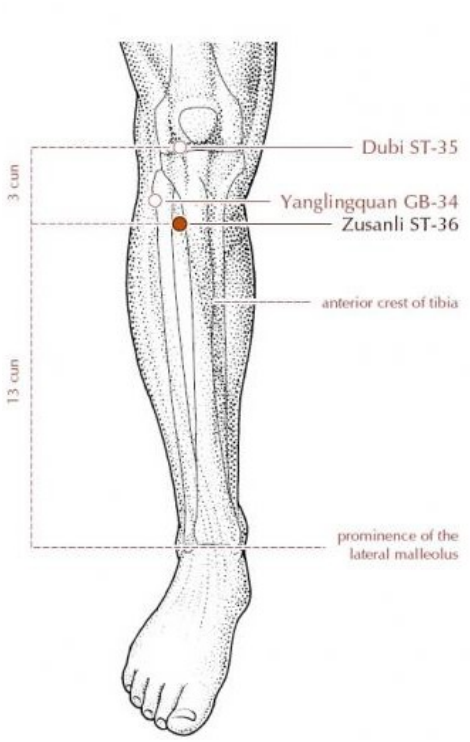
Descends rebellious qi

Clinical Applications: shortness of breath, inability to speak, acid reflux

Zusanli - Stomach 36
Leg Three Miles

Location:

Below the knee, 3 cun inferior to the lateral "eye of the knee", one finger-breadth lateral To the anterior crest of the tibia.



Actions:

Harmonizes the Stomach

Resolves dampness

Tonifies qi and blood

Clears pain along the channel

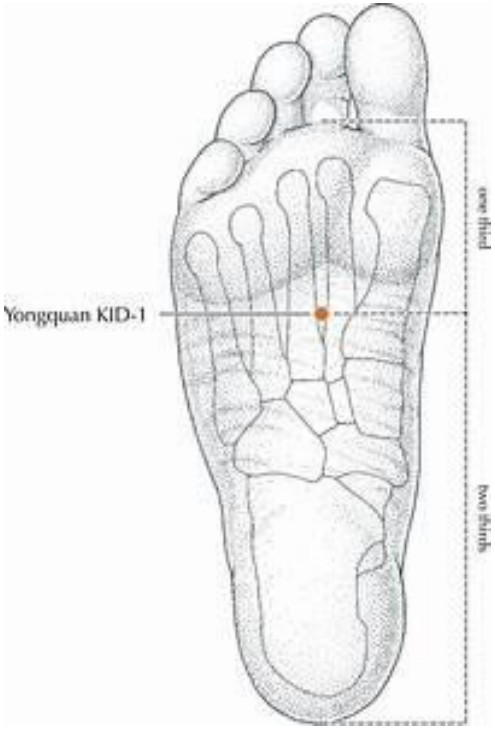
Revives yang

Clinical Applications: fatigue, indigestion, constipation, edema, muscle pain.

Yongquan – Kidney 1
Gushing Springs

Location:

On the sole of the foot, between the second and third metatarsal bones, approximately one third the distance between the base of the second toe and the heel.



Actions:

Descends excess from the head

Calms the spirit

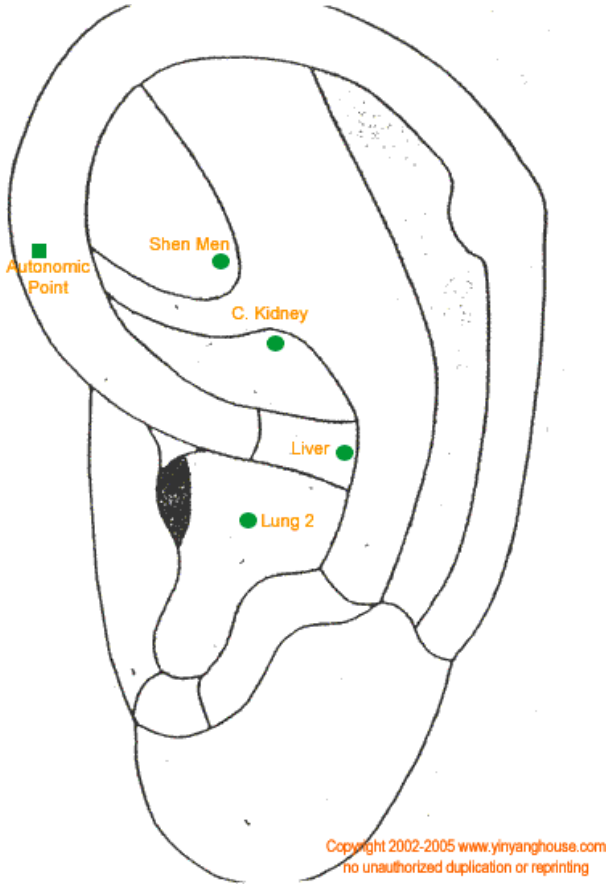
Rescues yang

Clinical Applications: fright, headache, dizziness, agitation, insomnia, cough, constipation, poor memory

AURICULAR PROTOCOLS

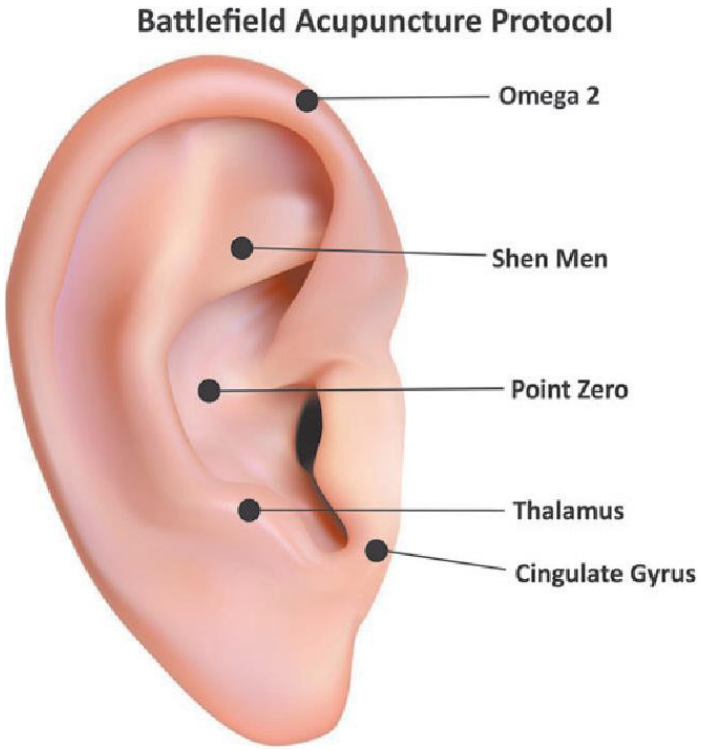
1. **National Acupuncture Detox Association (NADA)**
   - Michael Smith; founded 1985
   - Non-verbal approach to healing
   - Involves placement of five specific acupoints located on each ear
   - Adjunct therapy; helps reduce cravings, increases calmness, improves sleep and emotional trauma
   - *info@acudetox.com*
2. **Battlefield Acupuncture (BFA)**
   - Air Force Col. Richard Niemtzow, MD; founded 2001
   - Used in the United States military for over a decade
   - Involves placement of five acupoints located on each ear; applied in a specific order
   - Calms the CNS, particularly an area of the brain that processes pain known as the cingulate gyrus

NADA PROTOCOL



1. Autonomic Point (Sympathetic) – regulates autonomic nervous system (sympathetic and parasympathetic), palpitations; inferior crus
2. Shen Men - sedation, ease minds – relieves pain; triangular fossa
3. Kidney – strengthens bones, hearing and low back; lower border inferior antihelix crus
4. Liver – relaxes tendons, vision and promotes smooth flow qi and blood; helix crus
5. Lung – promotes smooth flow qi and blood, nourishes skin and breath; cavum conchae

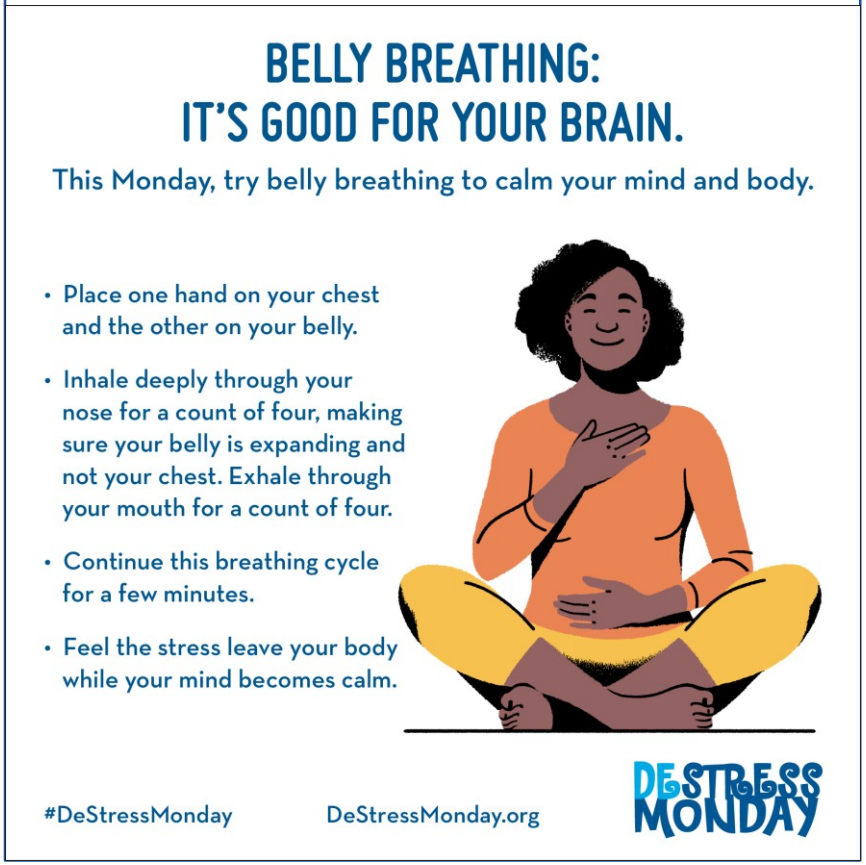
BFA



1. Cingulate Gyrus – regulates emotion + behavior; near intertragic notch
2. Thalamus – regulates acute + chronic pain; antitragus
3. Omega 2 – musculoskeletal + vascular; superior helix
4. Point Zero – tranquilizes mind + centering; helix crus
5. Shen Men – sedation, ease minds – relieves pain; triangular fossa

DEEP BREATHING

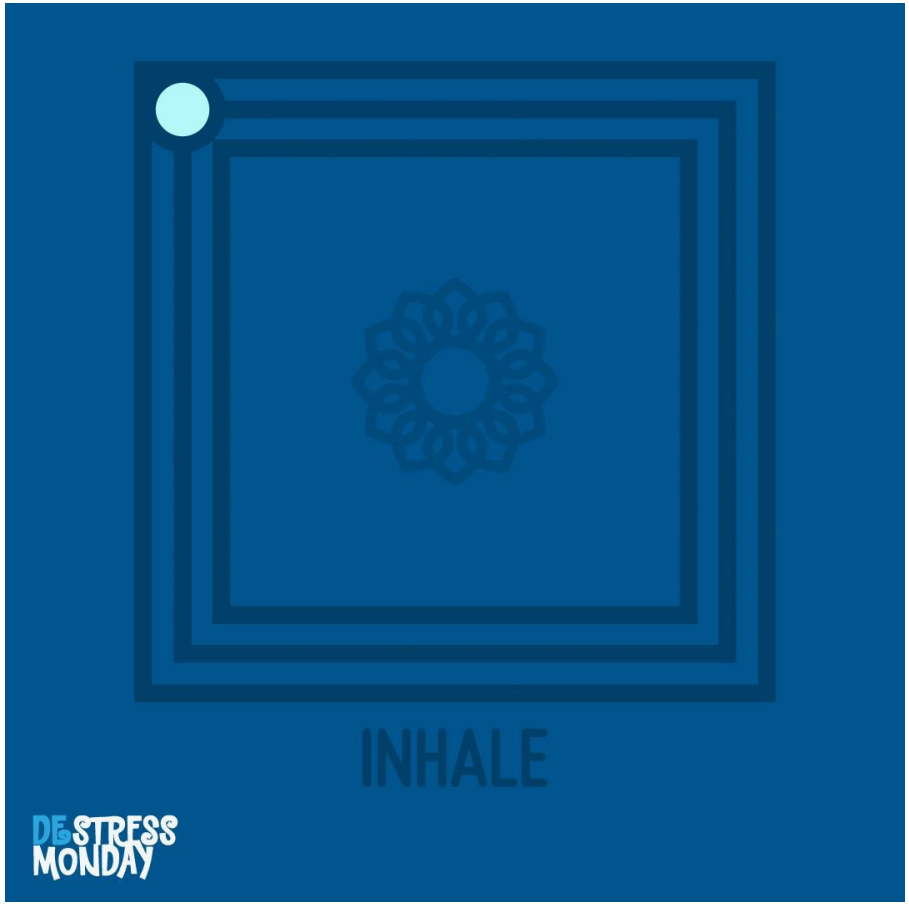
- STEP ONE: Belly Breathing



STEP TWO: Lengthened-exhalation Breathing

- Breathe in for a count of four
- Gradually lengthen your exhale to a count of eight
- Continue breathing in for four, out for eight for several minutes
- Each time you exhale, consciously release tension in your body
- Use this breath in stressful situations, or when trying to fall asleep

Guided Breathing



CORE BREATHING

- Tones the core muscles necessary for good posture and functional movement
- Strengthens the back body, elongates the front body

1. SIP in through the mouth like you are sipping through a straw, expanding the rib cage into your hands
2. Hold the breath for two seconds, tightening the core
3. Exhale through the mouth with the sound of “SSSSS,” squeezing the rib cage back in toward the midline of the body, and getting taller in the front of the body
4. Practice a few core breaths at a time, in yoga sequences and poses

Body Scan

- Mindfulness exercise which helps to stay connected to your physical body and better manage areas of discomfort.
- As you focus on areas of physical tension, observe your mind and thoughts and feelings that arise, then gently let them go.



Visual Imagery

- The practice of imagining or creating an image in your mind and holding that image for a specific effect.
- Mind-body discipline that can be readily integrated.
- Bridges the brain, mind, and body, directly promoting relaxation.



Questions?



Resources

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Thank you!!

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www.pediatrics.columbia.edu/ccw

- **Apps: Calm.com**
- **Buddhify.com,**
- **Headspace.com**
- **Imaginaction.Stanford.edu**

https://elizabethvanburen.com/

https://www.enfleurage.com/categories/essential-oils/