



# EAR ACUPRESSURE

for stress relief

**Simple ear acupressure** can offer support for hard times and is especially well-suited for this global moment, which requires physical distancing.

Stress relief with ear acupressure is safe, non-invasive, easy and inexpensive. There are two methods: ear massage and applying beads & seeds.

## BENEFITS

**Ear acupressure helps people of all ages.**

This simple technique helps nearly everything including:

- trauma recovery and healing
- quieting stress and anxiety
- helping with headaches
- general wellness

**It provides a balancing effect** – some people feel sleepy while others are energized, some feel relief of depression, some seem to get a peaceful sensation of relaxation, and some don't feel anything.

## WHAT YOU NEED

**Be creative with what you have** that is bigger than a poppy seed but smaller than a peppercorn.

You will also need some tape (Band-Aid, medical tape, or other household tape available).

## HOW-TO EAR MASSAGE

**There is no wrong way to do it.**

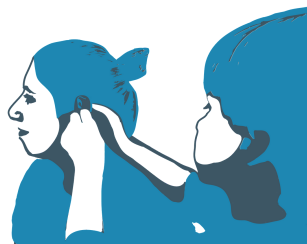
Massage the upper ear with your finger and thumb – how long is up to you.

## HOW TO APPLY BEADS & SEADS

**Stress less about where to put the beads** and focus more on taking calming breaths and setting healing intentions.

## Trust your intuition.

After the beads/seeds are in place, you may gently press on them or let them be. They can stay on for one to two weeks, or you can remove them if they are uncomfortable.



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