



SHARSHERET®

The Jewish Breast & Ovarian Cancer Community

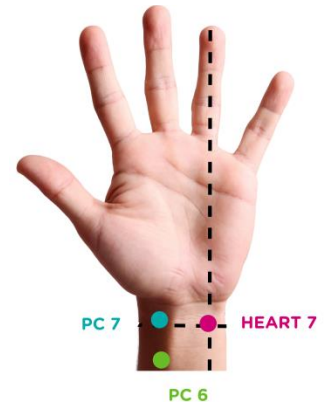
Mindfulness & Acupressure: Effective Self-Care Strategies with Dr. Dana Fine, Dr. Anat S. Geva, and Dr. Benjamin Scheier March 29, 2022

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Here are some acupressure points to remember from Dr. Dana Fine:

Insomnia

- Sleep with socks on! According to the National Sleep Foundation, warm feet help signal your body that you are ready for bed, which can help if you have trouble falling asleep.
- Take your phones, computers, and iPads out of your room.
- Try simple, short meditations to relax. Sharsheret social workers can give you these resources.
- Pericardium 6 & 7 as well as Heart 7, can help ease you to bed. Rubbing these points in a clockwise motion can help with sleep.
 - PC 6 is three finger widths below the wrist in the middle of tendons in your arm.
 - PC 7 is located on the wrist crease between the tendons closer to the thumb.
 - Heart 7 is also on the wrist crease but between the tendons closer to the pinky.
- It is recommended to rub the wrists before bed and not to be so focused on location.



Numbness and Tingling

- Kidney 1 is in the depression below the 2nd and 3rd metatarsals.
- Large Intestine 4 is in the web between your thumb and pointer finger. Search for the tender area.
- Liver 3 is in the web between your big toe and 2nd toe.



Neck Pain

- Large Intestine 4 for headaches (see above for location).
- Small Intestine 3 for neck pain is on the base of your pinky.
- Gall bladder 39 for neck pain is 4 finger-breadths above the lateral malleolus.



Nausea

- Pericardium 6 is 3 finger-breadths down from the wrist crease. You can purchase bands that have a button that presses on the area throughout the day.



Two Additional Points for Daily Use

- Spleen 6 is 3 finger-breadths above the middle malleolus. Rubbing it helps with:
 - Abdominal pain, headaches, vertigo, insomnia, menstrual concerns
- Stomach 36 is 4 finger-breadths below the knee on the outer part of your tibia. Rubbing it helps with:
 - Vomiting, abdominal pain, diarrhea, insomnia, dizziness, cough
 - It is recommended to rub Stomach 36 for a long life!

Email info@sharsheret.org to connect with Sharsheret support, Sharsheret's genetic counselor, or to bring Sharsheret to your school, doctor's office, or community.