



Acupressure for New Moms: Postpartum Depression/Anxiety

Acupressure is very effective for emotional issues for new moms. It is great to use strong pressure (or tap with fingers on DU 20) on these two acupressure points for 1-2 minutes, 3 or more times daily. You can press or tap any time you feel upset. Add in ear seeds for greater results. It is safe, easy to use, and free with the help of a friend!

Accupressure Points

YIN TANG

Point is found at the midway between the eyebrows



DU 20

At the highest point of the head, on the center line connecting from the top of both ears

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