



## 患者及照护者教育

# 针对压力和焦虑的穴位按摩

本信息介绍了如何使用穴位按摩来减轻压力和焦虑。焦虑是一种强烈的担忧或恐惧感。

## 什么是穴位按摩？

穴位按摩是一种按摩。该疗法是基于传统中医针灸的一种实践方式。通过穴位按摩，可以对身体的某些特定部位施加压力。这些部位被称为穴位。

按压这些穴位可以帮助肌肉放松，并改善血液循环状况。还有助于缓解化疗的许多常见副作用。

您可以在家用手指按压不同的穴位来进行穴位按摩。请遵循以下步骤学习如何对自己进行穴位按摩，以减轻压力和焦虑。

## 额外压力点 1 (印堂穴)

额外压力点 1 又称为印堂穴。印堂穴位于眉毛之间的中点（中心）（见图 1）。对该穴位进行指压按摩有助于缓解压力和焦虑。

如有以下情况，请勿对该穴位进行穴位按摩：

- 穴位处或附近的皮肤脱皮或起泡。
- 穴位处或附近有开放性伤口。
- 穴位处或附近出现皮疹。
- 穴位处或附近发红、肿胀、发热或流脓。

## 如何找到额外压力点 1

1. 让自己处于一个舒适的姿势。可以坐下、站立或躺下。

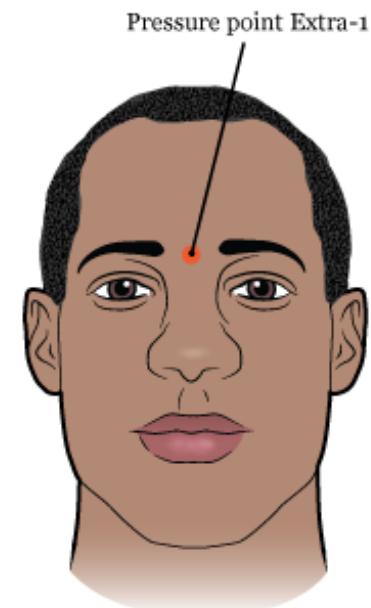


图 1. 眉毛之间的中点（中心）

2. 用任何一只手，将拇指置于眉毛之间的中点（中心）（见图 2）。该穴位即为额外压力点 1。如果找不到，请确保将拇指放在前额。

请勿将拇指放在鼻梁上。

3. 用拇指按压该穴位。在按压的同时，拇指绕圈移动。顺时针（向右）或逆时针（向左）转圈皆可。进行该操作 2 到 3 分钟。

- 有些人可能会觉得很难使用拇指。可以用食指来代替。
- 按压时要用力，但请勿过度按压，以免造成疼痛。您可能会感到一定的酸痛或压痛，但不应感觉到疼痛。如果感觉到疼痛，说明您的按压力度过大。

可以每天对该穴位进行几次穴位按摩，直到症状有所好转。

穴位按摩是一种补充疗法。补充疗法是在接受癌症治疗的同时可以使用的治疗方法。这类疗法有助于缓解症状。

请访问 [www.msk.org/integrativemedicine](http://www.msk.org/integrativemedicine) 或致电 646-449-1010 联系 MSK 综合医学与健康服务，了解其他补充疗法。

图 2. 将拇指放在眉毛之间

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