The background features several thin, light gray circles of varying sizes that overlap each other, creating a subtle geometric pattern. The text is centered and reads:

**acupressure  
for climate  
anxiety  
&  
wildfire  
smoke  
exposure**

[@carmelle.lauren.acu](https://www.instagram.com/carmelle.lauren.acu)

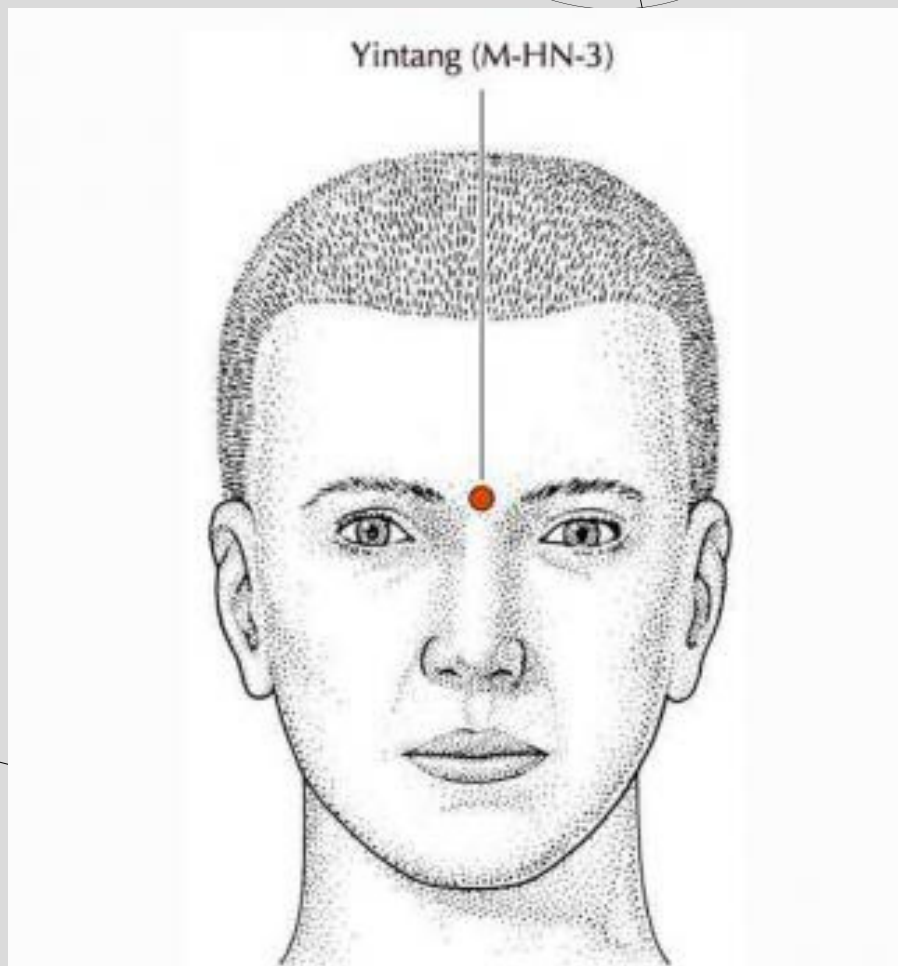
# taking care in enduring times

It is a wise and adaptive choice to separate from our embodied experiences in times of stress. Yet it is also necessary to come back into connection with our physical sensations in order to complete the stress cycle and heal from the fractures of trauma. The practice of acupuncture can be a tool to self-soothe and reconnect to our embodied relationship with ourselves. The more we practice creating moments of calm, ease or neutrality in our bodies, the more resilience we can cultivate to stress, and the more capacity we create to hold both grief and hope for the times we are in.

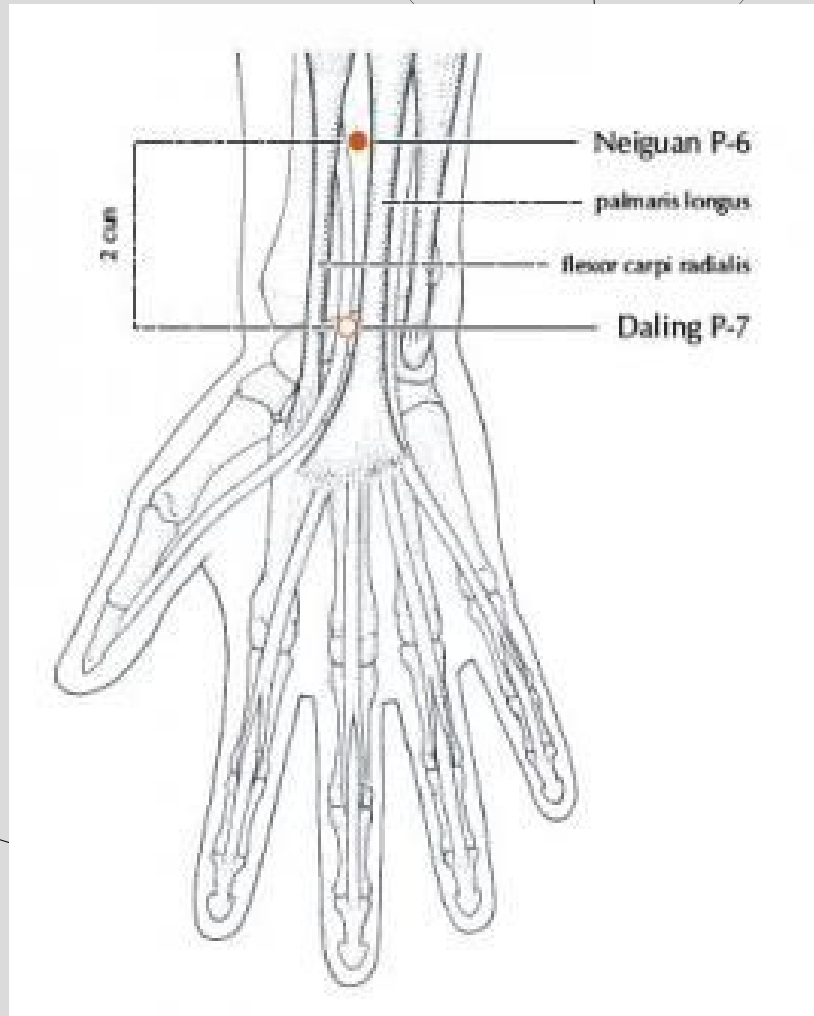
# acupressure

Acupressure helps your body in the same way acupuncture does. Relaxing the nervous system, releasing tension, and modulating immune & inflammation responses. Acupressure can be done at the depth and pressure that feels most comfortable for you. Points can be held or massaged for 30 seconds and repeated as often as you like. When locating points, use the photo as an approximate and feel around the area for the point that feels best for you. It's a good practice for listening to your body! I've chosen point to calm the mind, open the chest and support the lungs.

# calm the mind

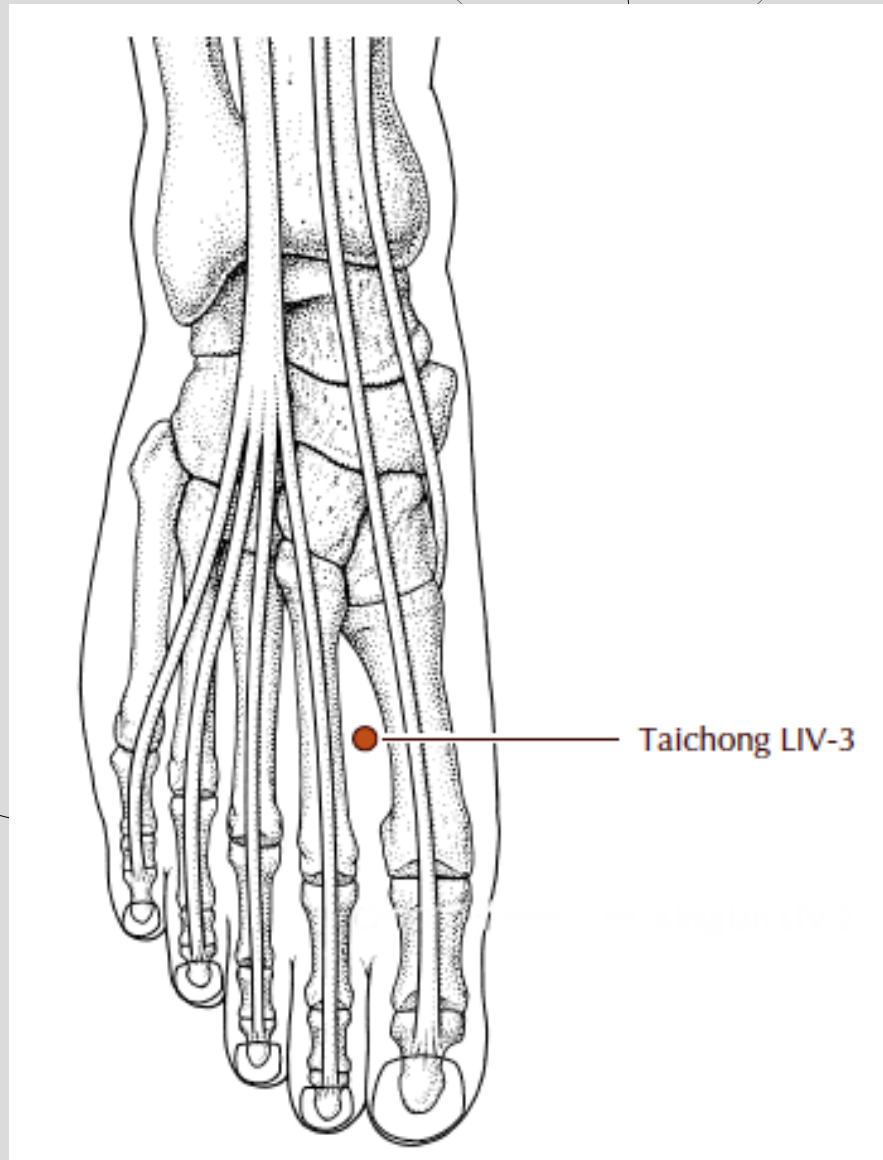


# calm the mind



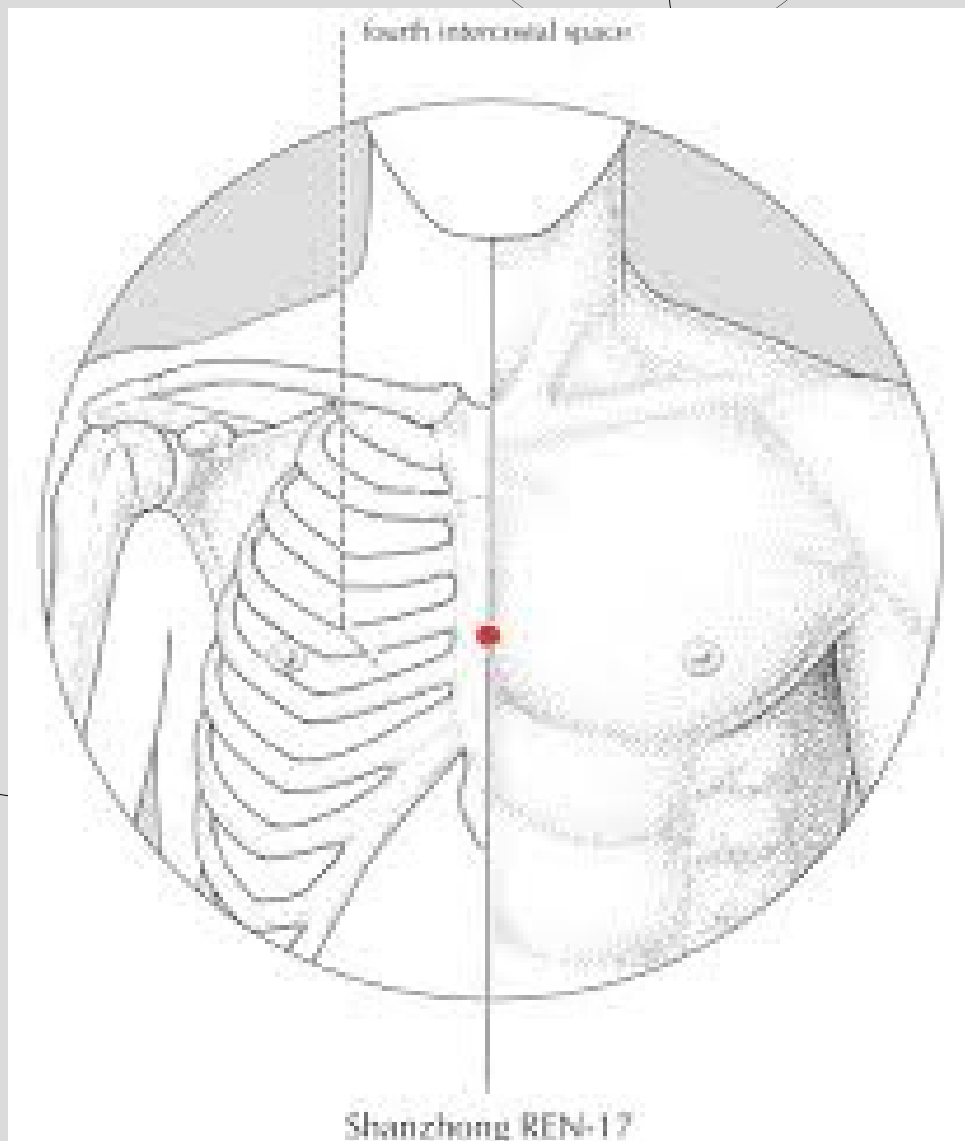
\*located on the inside of the forearm, three fingers up from the wrist crease.

# calm the mind

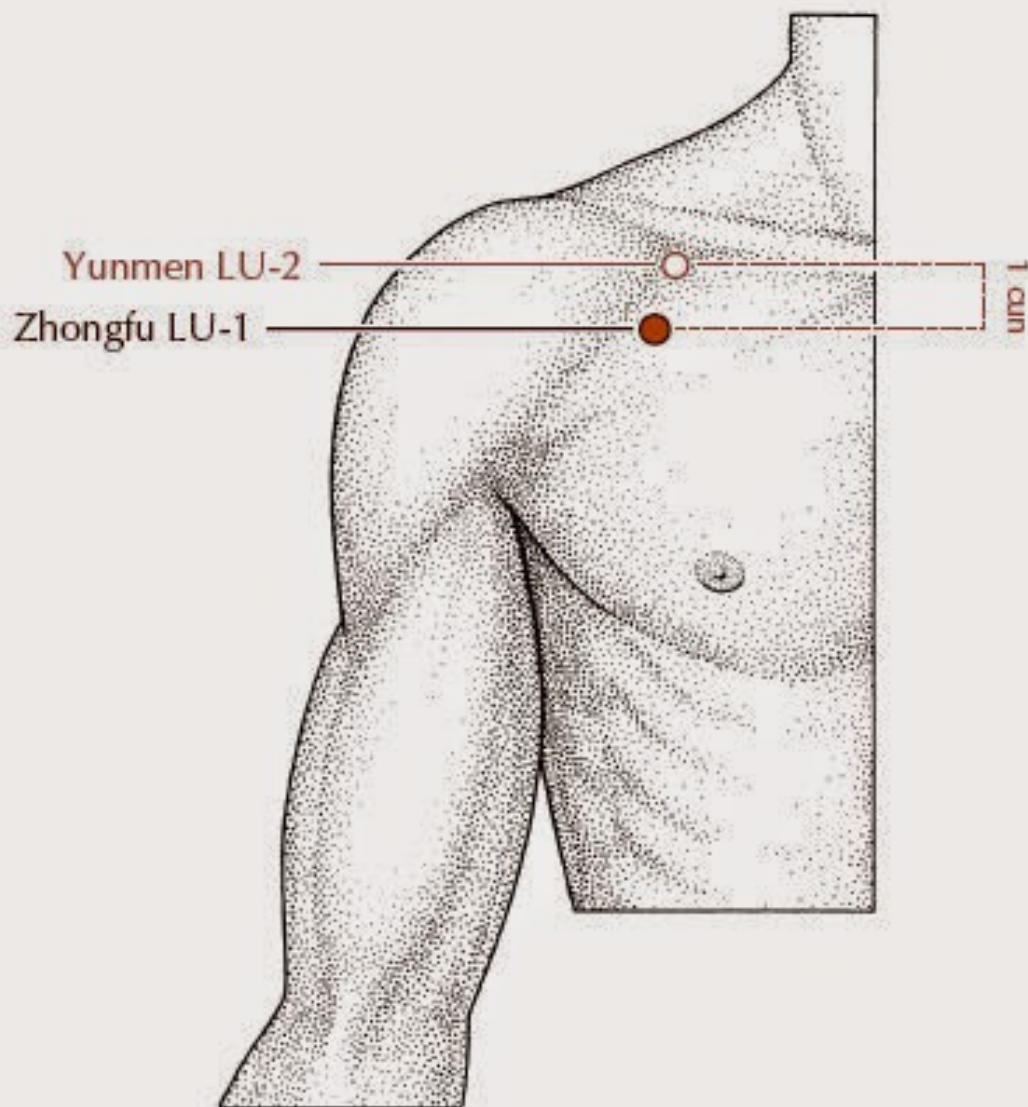


\*located on top of the foot

# open the chest

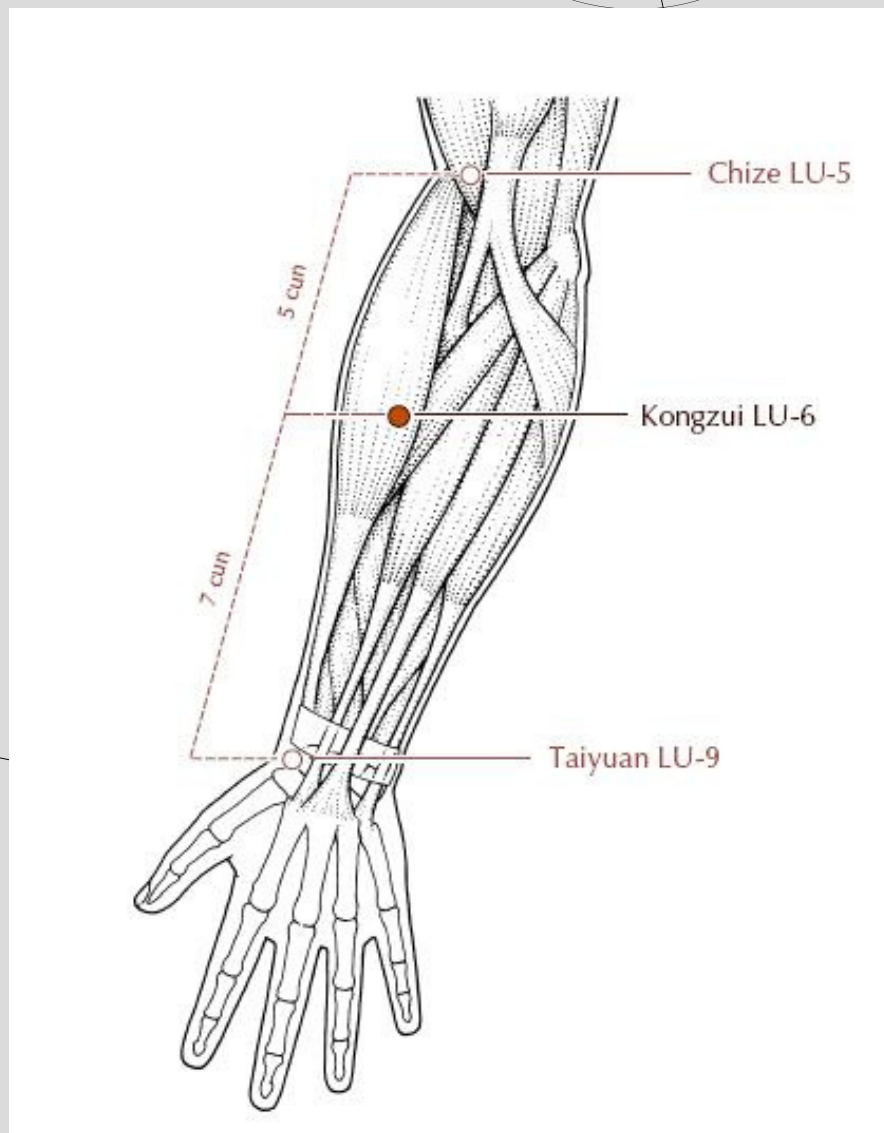


# open the chest



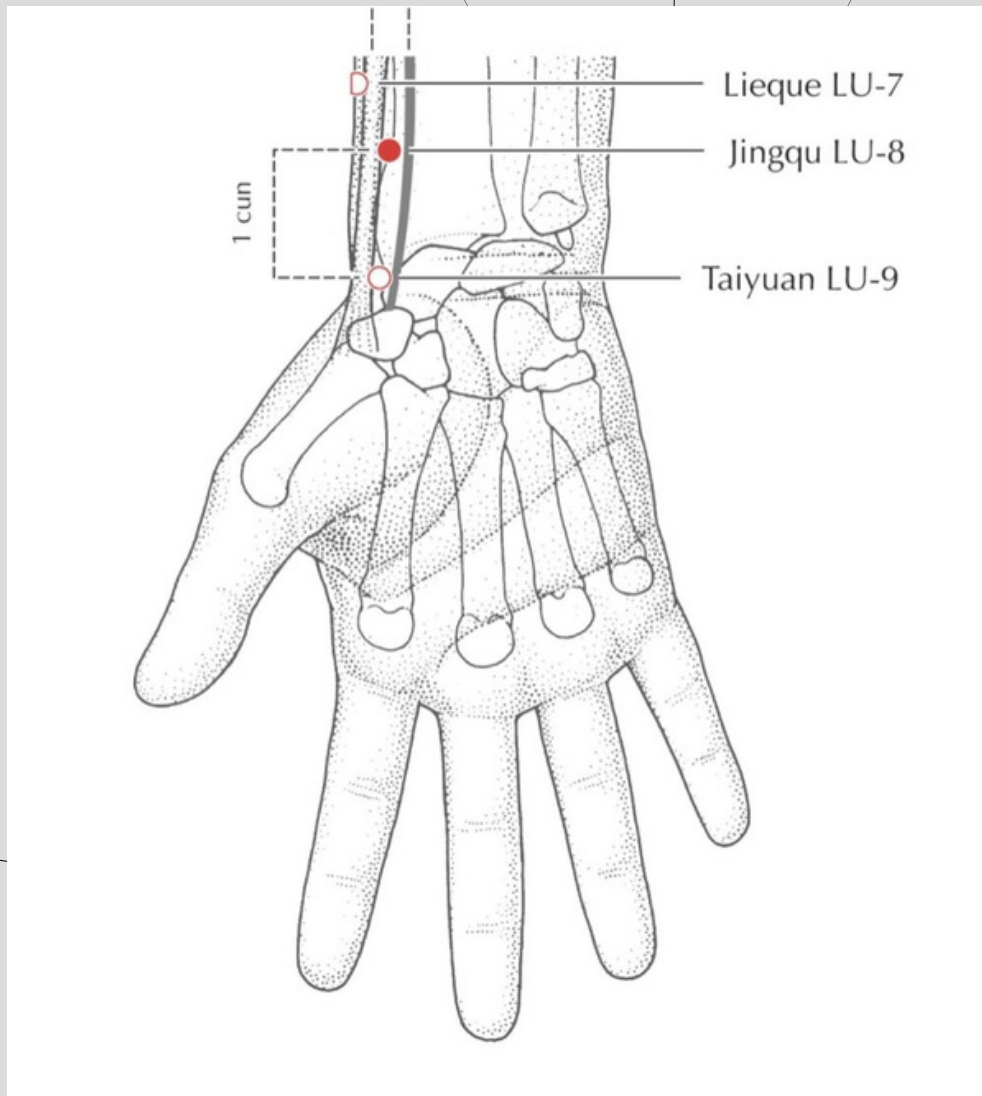


# support the lungs



\*located on the inside of the arm

# support the lungs



# 4-4-6-2 breathing

A parasympathetic twist on box breathing. This exercise helps to slow breathing & the longer exhale engages the parasympathetic system - the rest & digest or feed & breed responses. This is helpful to do when feeling activated or anxious, before bed or generally after exposure to poor air quality.

# 4-4-6-2 breathing

Set a timer for 2-3 minutes on your phone

- \* Inhale through the nose for 4 seconds

- \* Hold for 4 seconds

- \* Exhale through the mouth for 6 seconds


- \* Hold for 2 seconds

Repeat for duration of timer

# herbal self care

Aromatic plants (from your yard/garden (eucalyptus, rosemary, thyme. etc.) can be used in several ways to create therapeutic lung steams:

- Hang herb bundles in your shower to create a "steam room"
- Simmer on the stove top to create some chest opening humidity in your home
- Steep a strong tea and use as a face steam by draping a towel over your head and taking slow inhales

The background features three large, thin, overlapping circles in a light gray color. One circle is positioned in the upper right, another in the lower left, and a third in the center, partially overlapping the other two.

**Sending you  
care and easy  
breathing from  
Coast Salish  
territory.**

[www.carmellelauren.com](http://www.carmellelauren.com)

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