

## General Resources

- [Up to date information on pregnancy and COVID-19](#)
- [Informative article on COVID-19 and pregnancy/breastfeeding](#)
- [Mercury levels in seafood](#)
- [Safe cosmetics](#)
- [Baby bonding article](#)

## Stress Management Resources

- [Body Scan Meditation](#)
- [“Worry Time”/Postponing your Worries](#)
- [Self-Compassion](#)
- Breathing
  - [4,7,8 Breathing](#)
  - [Belly Breathing](#)
- Mindfulness and Meditation Apps
  - *Calm*
  - *Simple Habit*
  - *Headspace*
  - [Youtube clips for mindfulness, meditation, and guided imagery](#)
  - [“Leaves on a Stream” exercise](#)
- [Progressive Muscle Relaxation](#)

## Online Exercise Programs

- [Spinning Babies](#)
- [BirthFit](#)
- [The Bump Method](#)
- [Matriarc \(for post-natal\)](#)

## Self or partner-assisted acupressure

- [Link to Liz Cohen's, LAc 8-minute acupressure during pregnancy video](#)

All of the points listed below are shown in the video, as well as the labor prep points

- **Nausea/Vomiting**
  - Acupressure: Pericardium 6, Stomach 36
  - P6: Palm facing up, the point is 3 finger widths down from wrist crease, right in the center of your arm, between two protruding tendons.
  - ST36: Located four finger widths down from the bottom of your knee cap, along the outer border of your shin bone.
- **Fatigue**
  - Acupressure: Stomach 36
  - ST36: Located four finger widths down from the bottom of your knee cap, along the outer border of your shin bone.
- **Insomnia**
  - Acupressure: Yintang, Kidney 1
  - Yin Tang: At the midpoint between the eyebrows, where the bridge of the nose meets the forehead
  - KD1: On the bottom of foot, start from between 2nd and 3rd toes and go down toward heel about 2 inches. You should feel a slight depression at the point, just behind the ball of the foot
- **Low back pain/sciatica**
  - Acupressure: Gallbladder 30, Gallbladder 34

- Gb30: Tender spot in your buttocks, right where your jean pocket lands, between your sacrum and greater trochanter
- Gb34: The point lies below the outside of the knee in a depression below (inferior) and in front of (anterior) to the head of the fibula
- **Feet swelling**
  - Acupressure: Spleen 9, Liver 3
  - SP9: Located on the inner aspect of your lower leg just below your knee. Find the bony-bump just below your knee cap and move your finger about an inch down towards the inner calf. This spot might be sore when you apply pressure.
  - LV3: Located on the top of your foot between your big toe and second toe. Start at the base of your toes and move your finger towards the ankle an inch.
- **Carpal tunnel**
  - Acupressure: Large Intestine 10, San Jiao 5, Pericardium 6
  - Li10: on the outer surface of the forearm and three fingers breadth below the elbow crease when the elbow is bent 90 degrees.
  - Sj5: Palm facing down, the point is 3 finger widths down from wrist crease, right in the center of your arm
  - P6: Palm facing up, the point is 3 finger widths down from wrist crease, right in the center of your arm, between two protruding tendons.

## Labor Resources

- **Labor prep with acupressure, can start at 38 weeks with permission of your OB**
  - Acupressure points: Li4, Gb21, Sp6, Ub32 - **\*\*These specific points are contraindicated to use before 38 weeks of pregnancy \*\***
  - LI4: Located on the top of the hand, in the muscle at the tender point of the “V” made between your thumb and index finger. Soreness may occur with pressure.
  - GB21: located at top of shoulder/upper back, at the midpoint between the spine and outer shoulder
  - SP6: Located on your inner leg near the ankle, about 2 inches straight above the protruding ankle bone in the soft tissue directly adjacent to the shin bone

- Ub32: one index finger lengths above the top of the buttock crease, approximately one thumb width either side of the spine
- Other recommendations for labor prep: sex, nipple stimulation, walking, red raspberry leaf tea (1-2 cups a day, steep teabag for 10-15 minutes), eating dates (7 a day starting at 36 weeks)
  
- **Visualizations during labor**
  - [Hypnobirthing](#)
  - [Gentle Birth](#)
  - [Rachel Yellin's Yes to Birth](#)
  
- **Movement during labor**
  - [Upright and active positioning during the first stage of labor](#)
  - [Yoga poses during labor](#)
  - [Using a birth ball](#)
  
- **Massage during labor**
  - [During contractions: strong massage on sacrum/hips/glutes; Between contractions: Soft rhythmic massage up and down back; Jaw, scalp, and foot massage to release tension](#)
  - [Acupressure during labor \(a great resource with free content\)](#)