

Press here for instant happy

Touch helps balance your body's energy pathways, also called meridians. Try these pick-me-ups (using his hands or yours) from acupuncture therapist Anne Cossé. **By Amanda Woerner**

Shake a stress headache.

When you're overworked, one of your main meridians—which runs from your toes to your head—can get out of whack and cause head pain. To stop the throbbing, sit at a table with elbows on the surface shoulder-width apart. Position the pad of your right thumb between the inner corner of your right eye and your nose. Do the same with your left thumb on the left side. Relax neck and shoulders and let the weight of your head press into thumbs; hold for 60 seconds.

Chill after a crazy day.

Carry tension in your shoulders? Blame a wonky meridian. To loosen it—and you—up, trace your right middle finger from the base of the left side of your neck toward the tip of your left shoulder until you feel a small hollow. Press the pad of your finger into this spot and hold for 60 seconds. Repeat on right side, using left middle finger.

Rally for a Friday party.

There's a major energy trigger point located in your core, so applying pressure to this spot can deliver a quick lift. Place the three middle fingers of one hand horizontally on your abdomen just below your belly button. Press inward firmly with the pads of your fingers and hold for 30 to 60 seconds.

Get in the mood for a hot night.

After practicing this libido-boosting move, you'll be ready to jump into bed—it gets energy flowing to just the right region. Stand up, back straight. Make a fist with each hand and place it, knuckles down, on your lower back, just above your butt. Using your knuckles, knead your back, applying firm pressure, for two minutes.