



Emotional Stress Release Technique

Helps with: overwhelming emotion, interrupting and releasing a reflexive stress response.

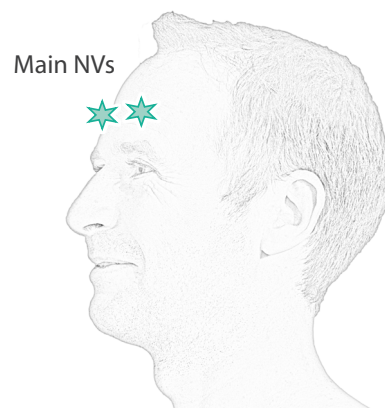
1. Place a hand gently on your forehead. You can do this lying down or lean into your hand whilst resting the elbow on a surface. Place the other hand at the back of the head, or anywhere that feels good.



2. a) If you are already feeling a stress you can simply relax into this process, and invite peace to return. This usually takes 3-5 minutes.

2. b) If you are already quite relaxed, you can think of a stressor that has been bothering you, and assign a number to describe the level of stress you feel. Ideally, look for something that is an 8 out of 10 or higher. Hold for 3-5 minutes, and then check - is it still an 8? If it has gone down, see if you can identify something about the stressful idea that brings it up again. Keep holding until you get bored, or your body gives some sign of a shift - for example a yawn.

Alternative version: You can refine the technique by holding the Main Neurovascular Holding points specifically with either the finger and thumb of one hand or e.g. the middle fingers of both hands. These points are directly above the centre of the eyes, on the frontal eminences (little bumps), Hold with light pressure, creating a little bit of stretch outwards.



Historical Note

The Neurovascular holding points were discovered in the 1930s by a chiropractor named Terrance J. Bennett. He found that these reflex points could be used to directly affect the circulation of the vascular system of our organs and glands. The neurologic influence of these points develops early in the embryo, to enhance the placental circulation before the fetal heart exists to perform this function. As the embryo grows, the points are naturally distanced from their original position, but are still able to have a positive effect on the areas they were originally more directly connected to. These points are used in Kinesiology, Touch for Health and EEM.