

KINESIOLOGY HOME EXERCISES

Emotional Stress Release (ESR)

Benefits: Helps to enhance the feeling of being able to cope with stress, trauma, overload, accident, pressure from work, relationships etc. This technique can also be very helpful for exams, job interviews, weddings, athletic performances, public speaking, future confrontations etc. to lessen the stress effects and to feel more confident when we experience them. You may already do this automatically at times of stress when you put your hand on your forehead. This easy technique can be very beneficial for releasing all kinds of emotional stress, including overcoming; fear, anxiety, overwhelm, disappointment, self-doubt, anger and resentment, grief and guilt, stress from physical pain, performance anxiety, regret for things that you did or did not do.

Technique: Relax, the face, jaw and body and breathe slowly (only in and out through the nose). In this relaxed state, thinking of your stressor (which can be past, present, or future) lightly touch the reflex points situated around the bumps on the forehead (the frontal eminences), between the hairline and the eyebrows, above the eyes (these are neurovascular NV11 points). Just notice, witness, and observe the emotions which helps release the stress and blockage in the body, because *whatever you can feel and express, you can heal*.

Touching these points stimulates blood flow, oxygen, and cortical activity to the frontal lobe of the brain where we create new associations, which helps to clear old negative neuro-associations and replace them with positive ones (reframing). While holding the points, relax the whole body, and breathe slow breaths.

The back of the brain, the occipital lobe, stores the ways thoughts have been coded, and by touching the front of the head, it brings the thoughts to the new association areas where we can reconstruct these thoughts in a new association pattern. When we breathe, energy moves. When you are in a relaxed state, focusing on the stressor, while holding the points, it recodes the stressor and clears it allowing energy to move.

Notice what thoughts you have about the situation and what you tell yourself. Notice what emotions you have. Relax and observe them. Be aware of any body sensations you have and where you feel tension. Notice these sensations as you breathe and relax. Breathe in the positive emotions that you would like to associate with this situation instead of the negative e.g., peace, happiness, calmness, confidence, acceptance. You will now associate these positive emotions with the negative situation, it is encoded into your neurology.

