

## EMOTIONAL STRESS RELEASE



This technique aids us in rebalancing our emotional state and helps to release any unbalanced emotional reactions. Returning a person to a place of calmness, being the the moment and being able to come back to their rational mindset and respond to an emotion state in an integrated state of mind where you can think, feel and sense again.

The physical effects of this technique includes a feeling of lightness, lifting mental fog, relaxation, vision can seem clearer and hearing can appear more acute.

When to use it:

When you are overwhelmed

Bombarded with emotions and thoughts

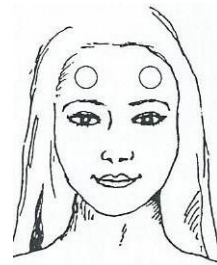
When needing to make a decision

When trying to let go of the past or future thoughts

When anxious and unable to think straight

When you feel reactive to a situation

When you have a headache/migraine



This technique activates reflexes called neurovascular points, which brings blood flow and neural activity to the frontal lobes of the brain, allowing the stress response to reduce.

When we are emotional and stressed, blood and neural activity goes to the back brain where our past is stored and we react in flight, fright or fight mode, which is survival reaction to stress.

When we activate the flow to the front of our brains, where higher intellectual functions are carried out, we can think clearly gaining new awareness and make healthy choices, be creative, feel and sense and respond.