

EMOTIONAL STRESS RELEASE (ESR)

Emotion can be a primary factor in muscle imbalances. It aggravates physical problems arising from other sources. Knowing how to take the emotional stress out of a situation promotes recovery.

ESR (Emotional Stress Release) is a great technique to get the mind/feelings back in control. It permits the intellect to go to work finding positive alternatives with which to handle trouble-some situations. ESR doesn't solve problems, but it helps the person deal with stress more efficiently.

The following is a valuable what-to-do for those occasions when a person is angry, frustrated, in emotional pain or grief.

THE EMOTIONAL STRESS RELEASE TECHNIQUE (ESR)

TOUCH THE FRONTAL EMINENCES

(in simple English, put your hand on their forehead)

Use two or three fingers (or the palm of the hand) on the forehead to touch the neuro-vascular holding points. These points are the spots on the upper forehead, a little to the outside of the center. Apply only enough pressure to slightly stretch the skin.

Ask the person to: "Go to the beginning of the situation and go all the way through until you've come to the end of the incident, or up to the point where you are now within the incident. When you get to the end, tell me or just nod your head."

Have them repeat this process at least three times. On the third time through tell them to imagine how they want the situation to resolve in the future. In talking through the process tell them to just reflect on the thoughts and events that come to mind; don't judge them. They can be the same thoughts / events on each pass or they can be different. Tell them to be secure in the knowledge that having a hand on their forehead helps to relieve the emotional stress related to the incident. It is a part physiological, part psychological process.

ESR works well in getting relief from nightmares, fears, frustrations and other problems that affect personal – and professional – efficiency and creativity. It works just as well on one's self as others. Use the same process holding your own frontal eminences while alone. (I will often just rest my hand on my forehead while laying down for a brief afternoon nap. It is a calming feeling.)