

## **ESR**

### **EMOTIONAL STRESS RELEASE**

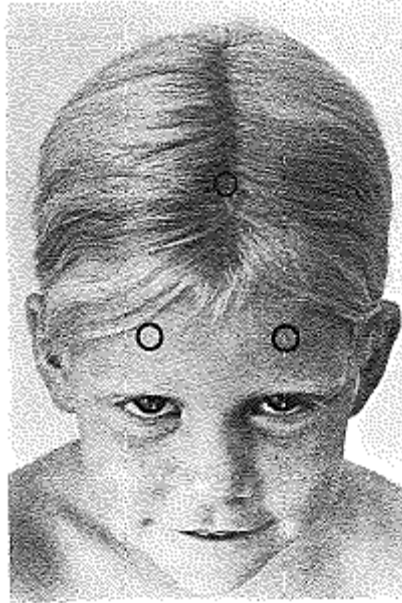
**This technique was developed within the “Touch for Health” system of physical and mental practices for well-being. It has its roots in chiropractic principles, kinesiology and neurological functioning. There is a certain aspect of suggestibility in following the process. It is beneficial for both the “subject” and the person assisting.**

**At its simplest the process involves putting your hand on somebody else’s forehead, helping them relax and go back in time to an event that they can acknowledge as being troublesome in their memory. With your hand on their forehead they take a deep breath and travel forward in time to the present. They are encouraged to think of any events that were related to the original traumatic issue that took place in the past. They should just reflect on the events, not judge them. Tell them that having your hand on their forehead helps relieve the emotional stress related to the incident.**

**Tell them to take a deep breath when they get to the present time. Then you tell them to go back once again and re-call any events related to the original incident. They can be the same events or different ones they re-call on the second pass. Do this a third time and when they get to the present have them imagine how they want the situation to resolve in the future.**

**The person assisting does not need to know the actual event that the person is re-calling ..... just being there and providing a calming hand is sufficient. The physical touch of the hand to the forehead is reminiscent of a mother calming a child when something happens to the child that caused tears, fears, and so on.**

## **Neuro-vascular holding points**



**These are the points on the forehead, but the technique is not “point specific” in that a hand on the forehead accomplishes the purpose of calming, concentration and support.**

**I have used this technique for many people with very positive results. I even used it once, without the verbiage, by holding a construction worker’s forehead whose hand had been mangled in a saw shop accident. We were in the back of a jeep on the way to the hospital, his hand wrapped in a towel to staunch the flow of blood. I just kept my hand on his forehead to help keep him calm and reduce the extent of shock that he was experiencing.**

## **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. It also works as a relaxation method while taking a nap.

### **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.)

# 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 the 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 troublesome situations - or relationships. Of course, 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's angry, frustrated, in emotional pain or grief.

## THE EMOTIONAL STRESS RELEASE TECHNIQUE (ESR)

### 1 - SELECT AND TEST A STRONG INDICATOR MUSCLE

Pectoralis major clavicular is probably the best since it affects both the stomach and the brain's emotional center (which are often 'in knots' - literally and figuratively - due to emotional turmoil). Test the indicator muscle to be sure it's strong. Now, without touching the person, have him or her go over the problem mentally. This can be done aloud or in silence. When this is complete, re-test. If the muscle goes weak, the situation is a traumatic one for the person involved.

### 2 - TOUCH THE FRONTAL EMINENCES

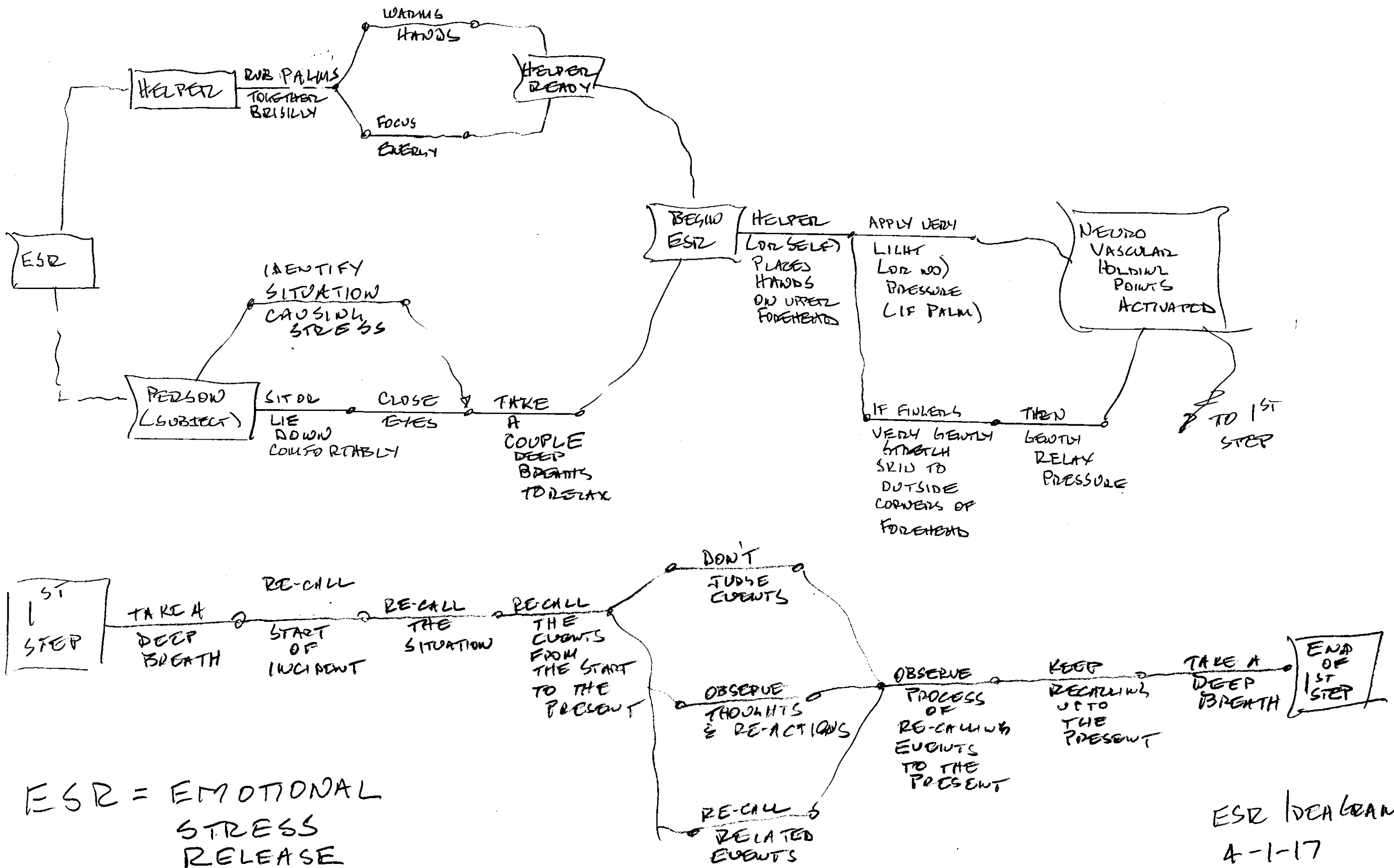
Use two or three fingers (as in the picture above); you're touching the neuro-vascular holding points #11 in your TOUCH FOR HEALTH book. Apply only enough pressure to slightly stretch the skin and ask the person to, "Go to the beginning of the situation and go all the way through until you've come to 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 3 times - or until the pulses in the frontal eminences synchronize. Re-test the indicator muscle.

If it's strong, you're done. If it's weak, repeat the process, until the muscle is strong again. (The process could last as long as 10 or 15 minutes, but the effect is truly worth it - for all concerned.)

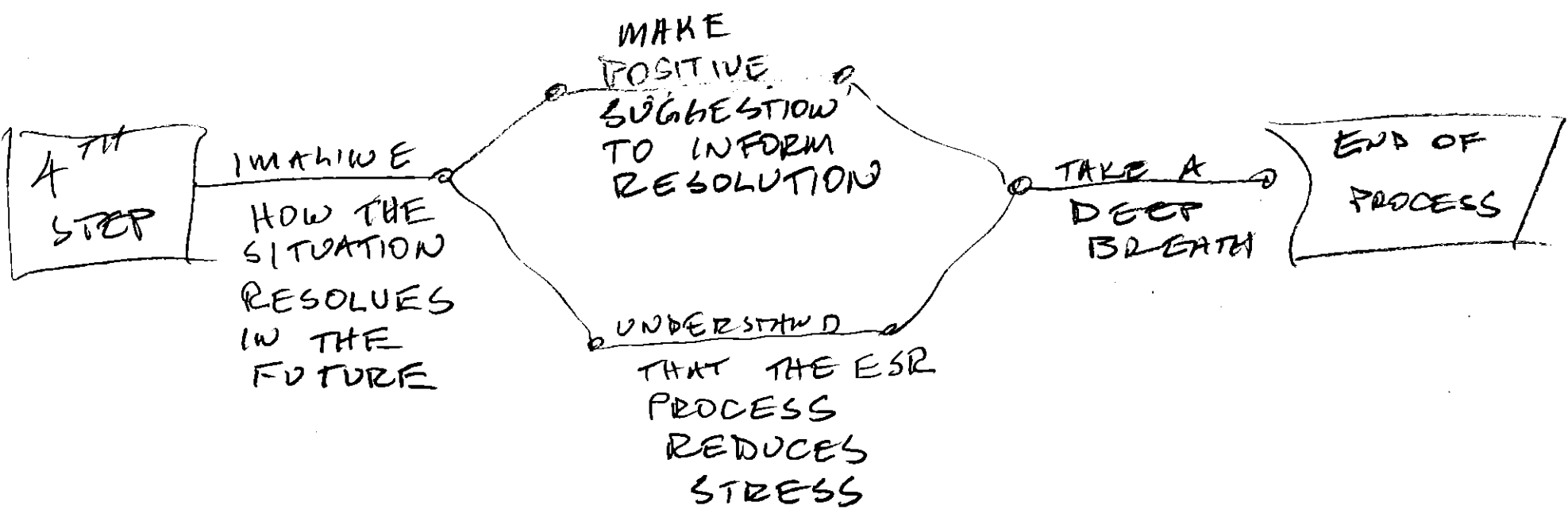
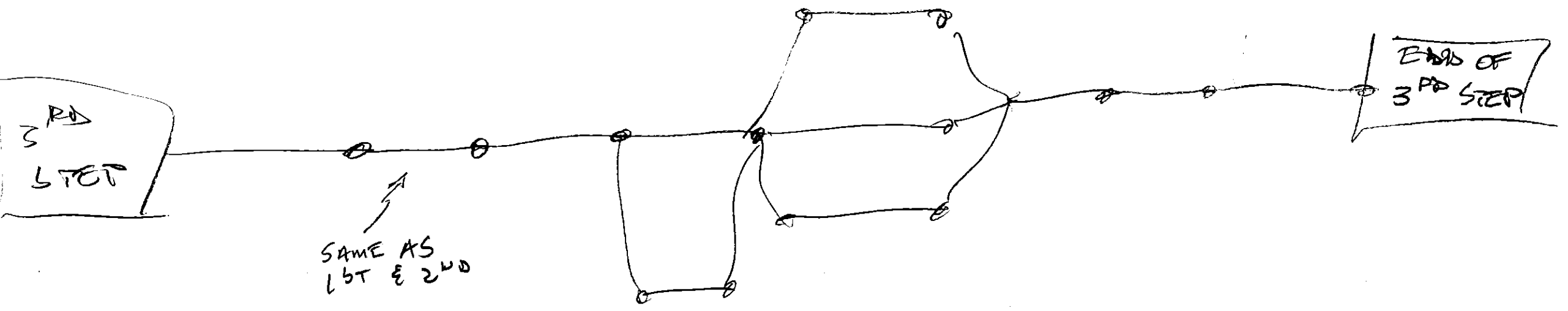
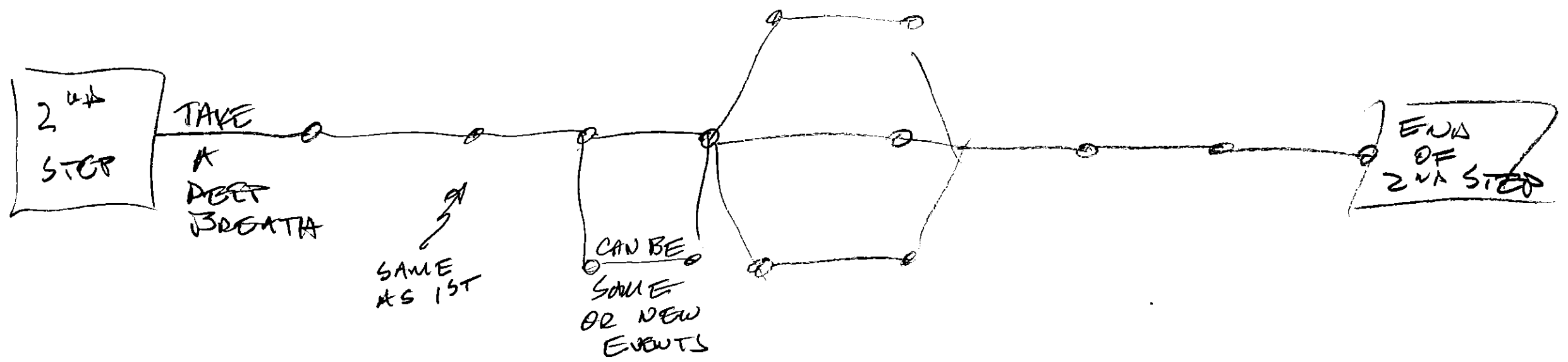
ESR works well in getting relief from nightmares, fears, frustrations and other problems that effect personal - and professional - efficiency and creativity. It works just as well on yourself as others, remember. Use the same process holding your own frontal eminences while alone. But it's always an 'assist' to have another TOUCH FOR HEALTH.





ESR = EMOTIONAL STRESS RELEASE

ESR IDEALGRAM  
4-1-17  
1 of 2

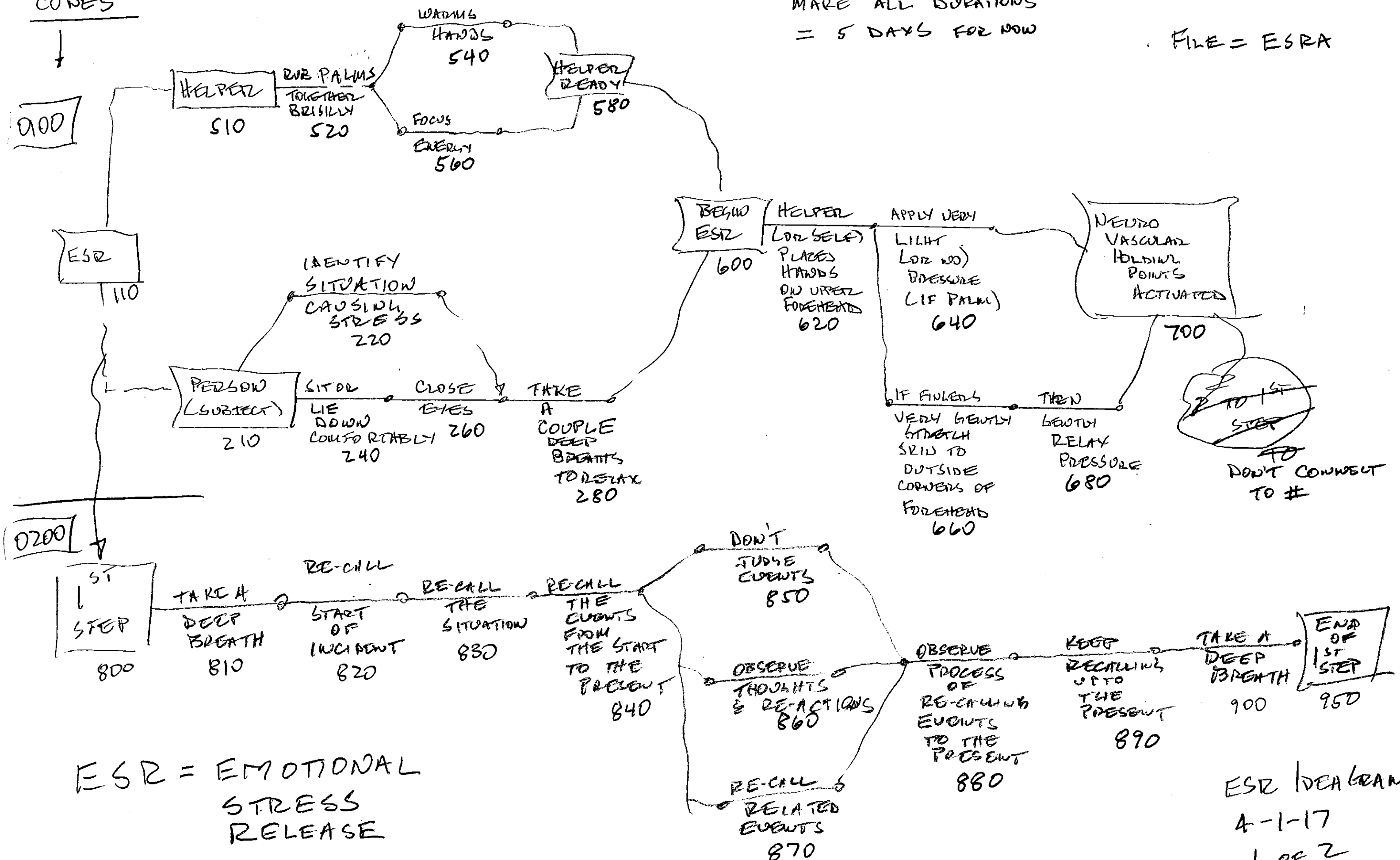


ESR  
 IDEAGRAM  
 4-1-17  
 2 of 2

CODES

MAKE ALL DURATIONS = 5 DAYS FOR NOW

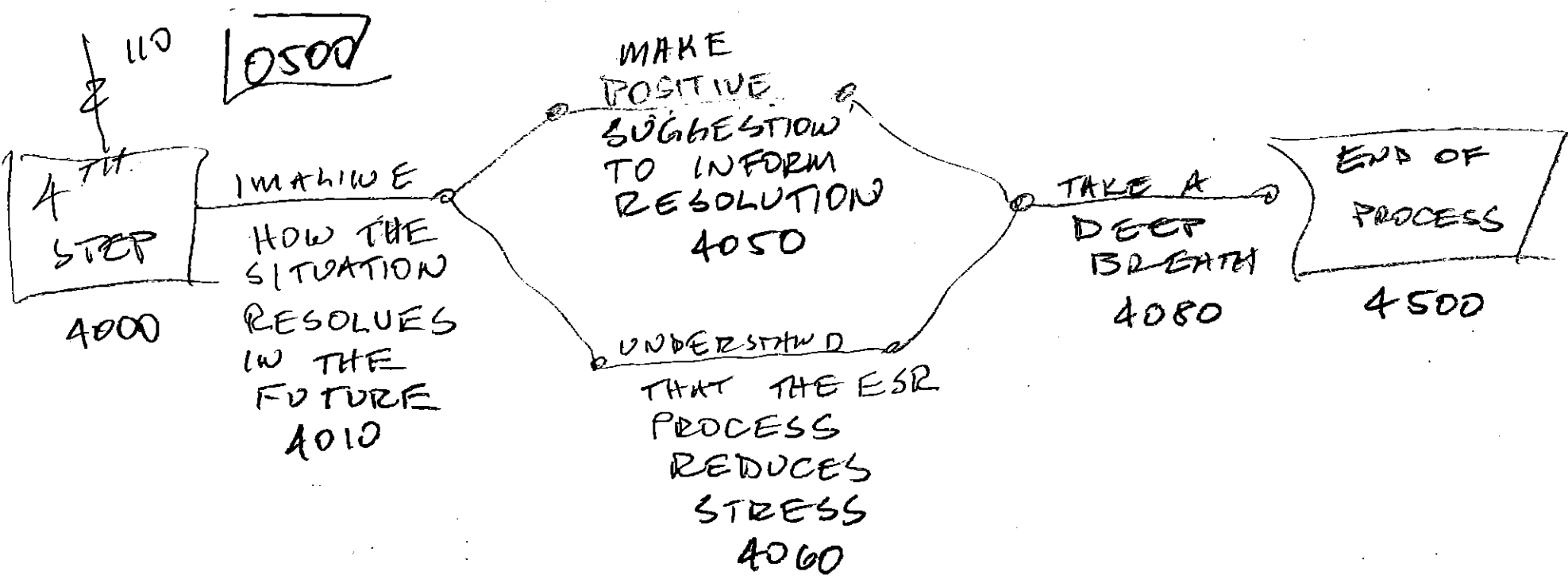
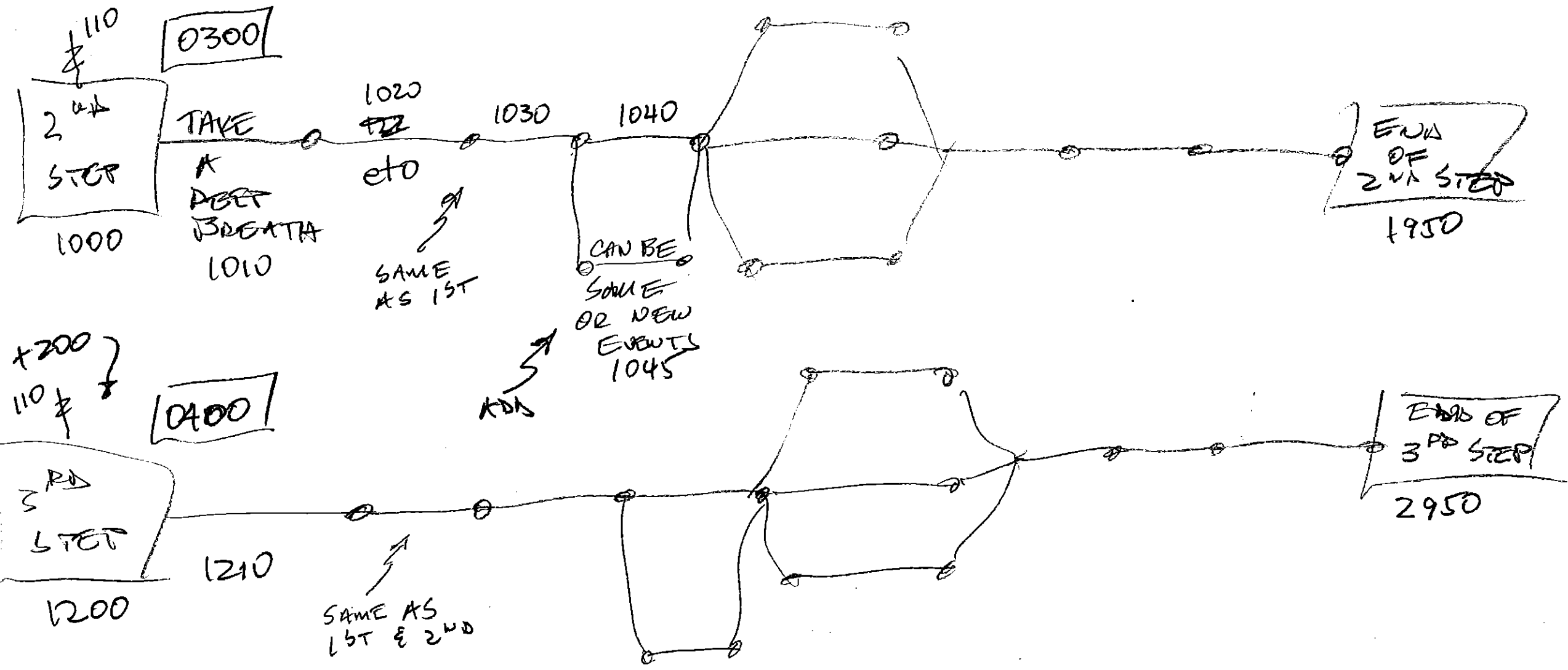
FILE = ESRA



ESR = EMOTIONAL STRESS RELEASE

ESR IDEA GRAM  
4-1-17  
1 of 2

COPY 800 - 950 + 200 =



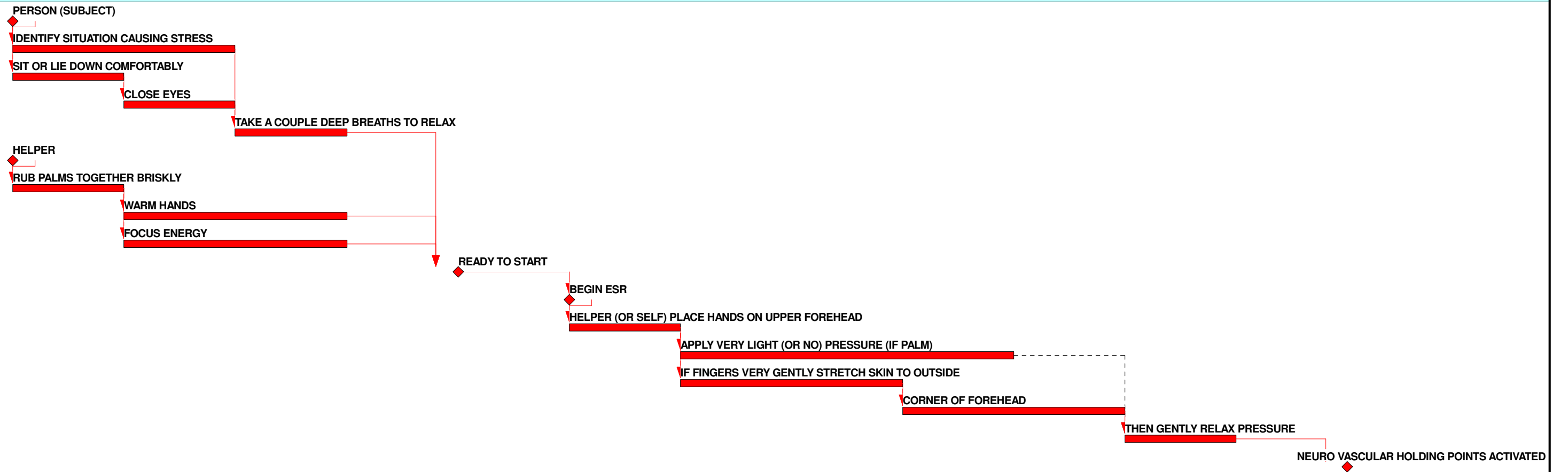
FILE = ESRA  
 (NO CODES)

ESR  
 IDEAGRAM  
 4-1-17  
 2 OF 2

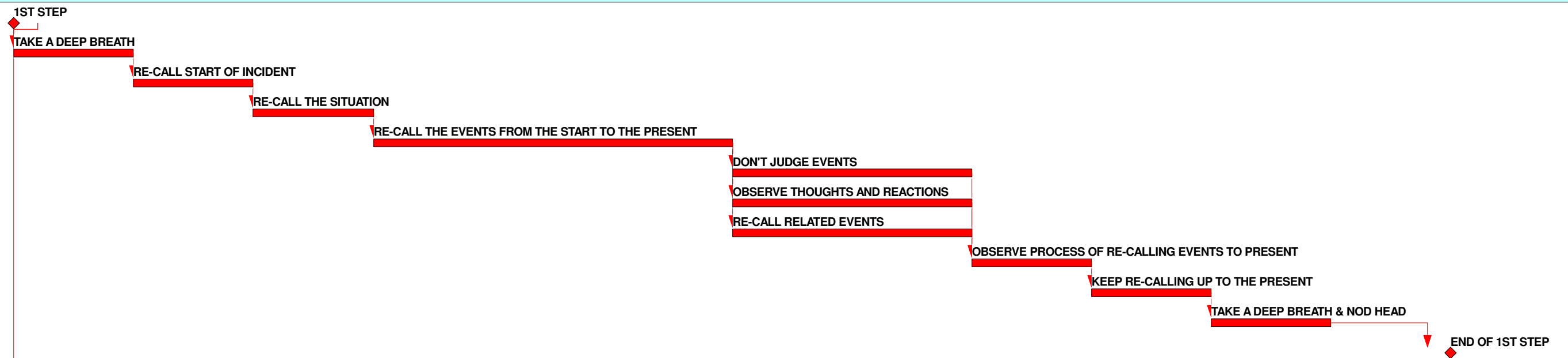


**ESR: EMOTIONAL STRESS RELEASE**

**INITIAL PREPARATION**



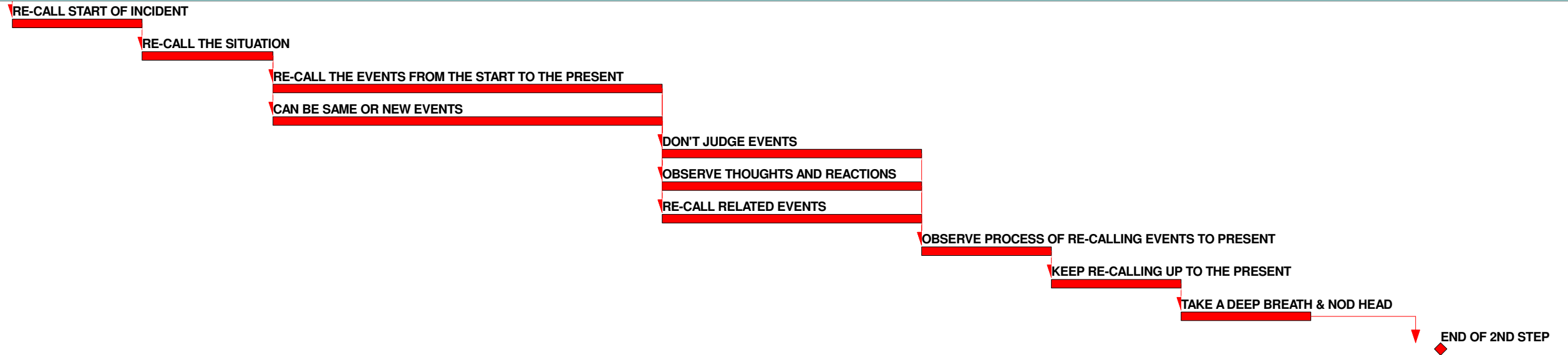
**1ST STEP: RECALL SITUATION AND SUBSEQUENT EVENTS**



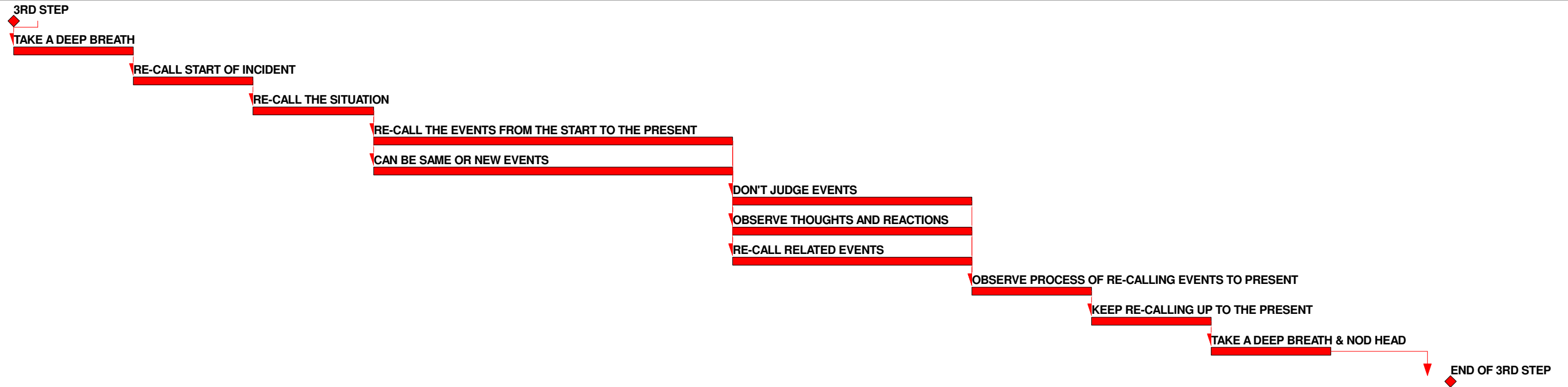
**2ND STEP: REPEAT RECOLLECTION**



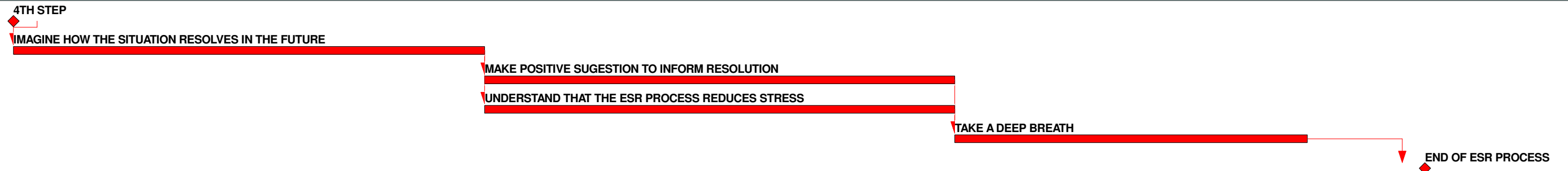
2ND STEP: REPEAT RECOLLECTION



3RD STEP: REPEAT RECOLLECTION



4TH STEP: IMAGINE / SUGGEST FUTURE RESOLUTION



# EMOTIONAL STRESS RELEASE (ESR)

EMOTION → PRIMARY FACTOR → MUSCLE IMBALANCE → AGGRAVATE PHYSICAL PROBLEMS

→ LEARN TO RELEASE EMOTIONAL STRESS

ESR → technique to get mind/feelings back in control → doesn't solve problems but deal with stress efficiently

→ permits intellect to work on positive alternatives

what to do when angry, frustrated, pain or grief

↓ also relaxation method

③ have them repeat 3 times.

3<sup>rd</sup> time, tell them imagine resolution in future

↓ don't judge, tell to reflect on thoughts and events → may be different or same

↓ tell to be secure → hand on forehead helps to relieve emotional stress

→ part physiological, part psychological process

Technique → ① put hand on their forehead

↓ two or three fingers on forehead

↓ points on upper forehead → a little outside center

apply only enough pressure to slightly stretch the skin.

② ask person → "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."

④ Works well for relief from nightmares, fears, frustrations,

↓ that affect personal, professional, efficiency, creativity.

↓ May do to self

THIS IS ANOTHER PERSON'S APPROACH TO DIAGRAMMING THE SAME MATERIAL .....

I AM INTERESTED IN HOW PEOPLE APPROACH THIS CONCEPT OF USING A CHART TO DIAGRAM THE CONTENT OF WRITTEN MATERIAL ....

LIKewise HOW DOES A THIRD PARTY (READER) BENEFIT, IF AT ALL, FROM HAVING THESE DIAGRAMS AS AN EXPLANATION OF THE MATERIAL ?

WHICH DIAGRAMS ARE MOST BENEFICIAL TO A PARTICULAR READER ?

WHAT IS MORE BENEFICIAL AND/OR SIMPLER: TO READ ANOTHER'S CHART AS A SUPPLEMENT TO THE MATERIAL OR CREATE A CHART OF YOUR OWN AS THEY READ AND STUDY THE MATERIAL ?

ANY COMMENT AND/OR INPUT IS VERY MUCH APPRECIATED .....

PLEASE PASS THIS ONE TO ANYBODY YOU THINK MIGHT BE INTERESTED !!

KRISTAN LINDEKE  
26 FEB 2017