

SELF-RELEASE EMOTIONAL STRESS TECHNIQUE

This very simple technique that comes from kinesiology might help you get out of a stressful situation and be able to think again over the situation. I used it myself many times, to my own benefit or to the benefit of others in distress.

IN CASE OF EMERGENCY AND NOT TO LET EMOTIONAL STRESS SETTLE IN DEPTH

Find in a few seconds the control of your mind and significantly reduce the level of your stress or discomfort. Self-release emotional stress will allow you to distance the situation from your emotions and is very effective. It can be used during major painful situations or before taking an exam.

HOW TO DO IT

Lightly place your three fingers (forefinger, middle finger and thumb) on your frontal lobes as follows: thumb on one side and the other 2 fingers on the other side.



WHAT HAPPENED DURING THE RELEASE OF STRESS?

Slightly holding the frontal eminence helps to bring blood flow back into the frontal lobes of the brain. When the capillary network is reopened at this location, we are able to think of the situation without generating a distress response, so rather than being subjected to reflex reactions, we are again under conscious control and stress/situation fusion was cleaned up, no longer causing automatic thoughts.

WHAT IS SO AMAZING IN THIS TECHNIQUE?

The most amazing thing is the simplicity of this technique, simplicity so real that many of us use it intuitively without knowing it. Remember the moments for example at your desk, when you had your elbow resting with the palm of your hand on your forehead by asking you how you could solve this or that problem.

The results obtained are surprising both physically and mentally.

Many other stress release techniques are taught in kinesiology, but the one described here is already often sufficient.

HOW TO HELP SOMEONE ELSE?

When stuck in a stressful situation, I find it difficult to remember to use this simple technique to get out of my own stress situation.

I find it easier to think of it when facing a person in a stress / distress situation.

Either ask her to put her fingers on her forehead or ask her gently if she wouldn't mind you doing so (it is important to get her consent before doing it yourself, this might add to her stress).

In conclusion, being on yourself or on someone else: THE EFFECT IS IMMEDIATE !!

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Source : <http://carolinerobertpape.com/auto-liberation-du-stress-emotionnel/>