

Emotional Stress Relief (ESR) is a simple, yet powerful technique that promotes wellbeing in times of stress, trauma, overload, accident, pressure from work or relationships etc.



In times of stress, our instinctive survival reaction is 'fight' or 'flight'.

Translated today, we often respond with anger, fear or anxiety. (We don't 'fight' or 'fly away').

Using ESR, we can't change the the memory or situation we are facing, but we can change our reaction to it; by drawing energy from the Limbic/Emotional region at the back of the brain, to the Cognitive region in the Frontal lobe, where it can be more rationally processed.

Method

1. Start by establishing a 'safe place' by visualising something/somewhere that you have experienced/or dream of that has very happy, relaxed feelings associated with it.
2. When you are ready, place either two fingers and a thumb (using one hand) or two fingers (from each hand) over the frontal eminences of the forehead (see picture for guidance).
3. Maintaining contact throughout, start thinking about the trauma/stress; you may experience a change in breathing rate, anxiety levels may rise and the experience of it may well initially heighten. (Remember that this is quite normal and you can return to your 'safe space' at any time if it becomes too much).
4. After a while, you should feel a 'shift' and your previous negative associations with the trauma/ stress should feel more relaxed and 'comfortable'.
5. When you feel that you are consistently settled in this new 'relationship' with your trauma/ stress, the technique is complete and you can release contact with your frontal eminences.