FIRST AID FOR STRESS

mindbodylab.com
90-95% of all illnesses have a stress or emotional component to it.

It’s time we had the tools at our fingertips to dissolve our daily stressors.

This is your guide...follow along and feel the relief!

- Juli Steinocher
  Founder/Owner of mindbodylab.com
FIRST AID FOR STRESS

self-care techniques from the mindbodylab.com

Users Guide.

Apply these simple techniques during moments of feeling stressed, overwhelmed, foggy headed or anxious.

Daily use recommended for relief and repair of chronic stress.

Caution: Users may experience clarity, comfort and discover new positive energy for better overall mental and physical health.
Immediate Relief During Stress

FRONT/BACK HEAD HOLD

Place palm lightly across forehead. Breathe deep. Hold until calm - usually 1-3 minutes. Optional - place other palm across back of head.

Stress relief points on forehead bring blood back to pre-frontal cortex for improved reasoning and reduced stress.

Stress relief points on back of head bring blood back to the limbic/emotional brain for calming effect.
A Great Sleep Aid
Too!

FRONT/BACK
HEAD HOLD

When stressed as much as 80% of the blood leaves the brain and goes to the arms and legs for flight/fight. Holding the head brings blood back and calms the racing mind.
Relief From Sadness, Grief, Or Heartache

TOP OF HEAD HOLD

Place palm lightly on top of head and think of sadness/grief/heartache. Breathe deep. Hold until calm – usually 1-3 minutes.

Stress relief point on top of head brings blood back to area of brain (frontal lobe) responsible for habits. This is also the location for pineal gland – holding here helps release melatonin useful for sleep.
Relief From Life’s Common Worries – Bills, Boss, Kids

SIDE OF HEAD HOLD

Place palms (or fingers) lightly above ears (1 inch above ears) and think of worry. Breathe deep. Hold until calm - usually 1-3 minutes.

Stress relief points on side of head bring blood back to area of brain (temporal lobe) responsible for memory.
**Relief From Heartache/Sadness**

**HEART HOLD**

Place both palms over heart area. Breathe deep and focus on heart until calm - usually 1-3 minutes.

Helps restore peace to the heart and lungs.
Relief From Grief And Being Overwhelmed

TRANQUILITY HOLD

Place 1-3 fingers in center of chest (between nipples). Breathe deep. Hold until calm - usually 1-3 minutes.

Holding here helps to balance ALL emotions – particularly grief and being overwhelmed.
Relief From Chronic Stress

ADRENAL CALMER

Locate naval. Go up 1 inch and out 1 inch (both directions). Rub gently for 10-15 seconds. For added bonus – do back of body in same general location.

Adrenal glands rest on top of kidneys and can be reached from front and back of body.
Calm Yourself AND
Improve Your Metabolism

TRIPLE WARMER/SPLEEN HOLD

Place right hand under left breast and left hand above right elbow. Hold for 3-5 minutes.

This hold gets two energy meridians synced up together. They are “hooked-up” when pulsing together.
Relief From Upset Stomach And Anxiety

TAP UNDER EYES

With index or middle fingers gently tap under both eyes for 10-15 seconds.

This is the beginning of stomach energy meridian, whose primary emotion is anxiety. Feeling those “butterflies in stomach” are indications of anxiety.
Relief From Anxiety
And Being Overwhelmed

GAMUT POINT

Locate indent between 4th and 5th bones on top of either hand. Rub, tap or hold with other hand. Breathe deep until calm – usually within 1-3 minutes.

Use before an important meeting/presentation or when feeling overwhelmed or anxious. Also helpful for unwanted cravings.
Relief From Being Overwhelmed

TIBETAN PRAYER POSE

Best done either sitting or laying
Cross ankles
Extend arms in front
Cross wrists
Turn palms toward each other
Clasp hands
Tuck hands and rest on chest
(Or lay hands in lap)
Simplified version – cross ankles and cross wrists in lap

Tibetan Prayer Pose balances left/right hemispheres of brain for mental clarity and calms central nervous system for improved sleep.
Stop Getting Triggered

REMOVE EMOTIONAL BAGGAGE

Those finding relief with First Aid For Stress® may enjoy learning more self-help tips with our Forever Change® techniques for a calmer, happier, healthier life.

FEEL and THINK better – mentally and physically by managing the Subconscious System’s® response to the events and people in our life.

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Go to www.mindbodylab.com
• Learn more self-care tips
• Attend workshops
• Experience private sessions to resolve chronic stress and let go of emotional baggage through *Forever Change®*