



## HOLDING NEUROVASCULAR REFLEX POINTS EMOTIONAL STRESS RELEASE (ESR)

When you are stressed, blood rushes from your forebrain, the advanced “thinking” part of your brain, into your limbs and chest to support the fight or flight response.

Holding the main NV reflex points draws energy back into your brain. Blood, oxygen, and cerebrospinal fluid follow this energy, reversing the stress response. This calms and stabilizes the nervous system, and allows you to think clearly and re-center emotionally.

### TECHNIQUE

1. Bring to mind a time you felt emotional overwhelm (or use during a current crisis).
2. Place your fingers on the frontal Neurovascular reflex points (also called the “main NVs”). These are located on the forehead on the frontal eminences, where most people have a slightly raised area. Hold these points gently, with thumbs resting at the temples and a very light pull to the sides of the forehead, for three to five minutes while you think of the stress. Sink deeply into the emotion and stress as you hold the points.
3. If you are thinking of a particularly stressful event, you can have someone else hold the points for you. You can also hold the main NVs with the palm of one hand and use the other hand to hold the NVs directly behind your eyes on the back of your head just above your neck. When you are stressed, blood rushes from your forebrain, the advanced “thinking” part of your brain, into your limbs and chest to support the fight or flight response. Holding the main NV reflex points draws energy back into your brain. Blood, oxygen, and cerebrospinal fluid follow this energy, reversing the stress response. This calms and stabilizes the nervous system, and allows you to think clearly and re-center emotionally.
4. After three to five minutes, you will probably find a significant shift in your subjective response to the memory or situation. Repeat again the next day or as needed.
5. Depending on the severity of the issue, the time to completely release emotional distress triggered by the memory can vary, but the distress will diminish. NV reflex points have pulses. As you hold them, an increase in the strength of the pulses indicates that blood that had been diverted during the stress response is returning to the forebrain.



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ESR points



Ensure index finger and middle finger are touching  
and place left and right fingers on the ESR points



Alternative is to place entire hand over the ESR points