STEP 8: FACIAL MUSCLE EXERCISES

**PREPARATION FOR SESSIONS**

Please “prepare” your body and mind for the session by beginning your personal part of the session at least 15 minutes prior to joining the televideo with me. Please do the entire Progressive Muscle Relaxation with Deep Breathing 4-8 pattern. Perform the yawn and sigh exercise as a continual function of the Progressive Relaxation and Deep Breathing integration.

Then do Mindful Body Scanning, and activation of your senses (both internal and external). Then do Mindful Movement of “Sitting Up” and perform your Eye Roll exercises.

You are now prepared to begin your telehealth session.

If you do not take the time to do this preparation work, then the beginning of your session will consist of this 15 minute preparation task.

When you start the session in this prepared “mind-state,” we will do a “quick-reset” to begin the session. This skill also will become your “emergency” reset in behavioral re-activation trigger events. You will learn how to do this “reset” in the sitting position, but it can be done in the standing position. To increase the impact, it is vital that you have gained the “Mindful Movement” skill.

**TODAY’S SESSION**

Please continue to prepare for the shift to Energy Interventions by reading the document:

A Short Story: Part 1 (The Evolutionary History behind “Facial Muscle Exercises”)

This document also presents how we evolved to have “face forward” for communication. In this session, we continue with the integration of the Social Communication System of the facial vagus nerve with the Sensory Systems.

Please watch this video and read its written text script:

<https://youtu.be/oOsnWkpPCsU>

Facial Muscle Exercises: Self-Help Video #5 Part 3

(start at 1:05 minutes to bypass Medical Disclaimer)

Here is the URL for purchasing the facial exercise book:

<https://www.amazon.com/5-Minute-Facial-Workout-Exercises-Naturally/dp/0778804712>

If you have not performed self-education this week, we will review and practice these techniques in this session.

After these Facial Exercises, we will then review your Daily Journal entries for the prior week.

We will begin in a chronological order of entries since your last session. You will briefly describe the various “activities” you did during the past week. Then we will return to the “activity” which caused you to experience the strongest “emotions” (body sensations) during this retelling. If there were no strong “emotions”, then we will return to the “activity” which caused the strongest feelings and thoughts (cognitive responses).

You will begin the telling of the event from the sensory memories (what did you see, hear, smell, taste, touch during the “activity”) and linking to your cognitions (whether OCD, memory recalls, future worries, etc.).

 Dr. Clark