Quick 5 Minute Balance

Sometimes we have thoughts, emotions or physical sensations that are associated with an event from the past, a person, place, or thing we may experience in the future. This balance can alleviate the physical sensations and give a more positive outlook toward the source of the stress.

You will need drinking water.

Think of something that causes you to feel Stressed. At least a 5/6 out of 10. Keep this stressor in mind as you do the following activities.

* Thinking of the Stressor, get in touch with a physical sensation related to a feeling.
* Place your hand over any area where you feel the stress.
* Note any awareness of size, color, texture, weight, etc. related to the sensation
* Sip some Water.
* Find the indentions right under your collarbone. Make a “C” with thumb and 1st/2nd fingers. Place thumb on one side and fingers on the other side. Tap, Press or Rub (whichever feels best) for 10 sec. Switch hands. Repeat for 10 sec.
* Don’t forget to Breathe.
* Cross midline by moving right hand to left knee. Then Left hand to right knee. (knee lifts) Repeat 10 times. Can be done seated.
* Cross legs and arms. Place your tongue in the roof of your mouth. Breathe deeply as you focus on the sensations in your body.
* Using your thumbs and index fingers unroll/massage the outer rim of your ears several times.
* Take a deep breath.
* With 2 fingers find the TMJ hinge in your jaw. Open wide as if to yawn and massage the muscles on each side in front of your ears.
* Are you breathing?
* Cross an arm in front of your chest and squeeze the Trapezius muscle as hard as is comfortable. Look over your hand, take a deep breath and exhale as you turn your chin toward the other shoulder. Feel a pull under your thumb? Do this ¾ times and switch hands. Repeat.
* With index/middle finger of each hand find the indention right above your brow bones. LIGHTLY press in and lift up (eye lift )
* Take a few Deep Breaths
* Now trace an Infinity symbol around your eyes. Up from the nose, around to the cheek, across the nose and around other eye. Do this several times with eyes closed Focus on the sensation under your finge