



Fast stress release for self-coaching using eye movements

1. Think of something that causes a block, an unpleasant emotion, or stress (something that has just occurred or that is coming up).

2. On a scale from 1 to 10, indicate where you are right now with regards to that issue. (10 = the issue is no longer an issue; 1 = the opposite)

3. "Scan" your body and identify where exactly that block, emotion or stress is manifesting physically right now (e.g. as a pressure, tension, tingling, etc.)

4. Place both hands lightly on your forehead and focus on the issue from step 1.

5. Starting at a 12 o'clock position, rotate your eyes in a large circle **clockwise** while thinking of the issue / what triggers it. Keep both hands on your forehead.

While rotating your eyes, really extend your eye muscles.

6. Starting at a 12 o'clock position, rotate your eyes in a large circle **anti-clockwise** and keep thinking of the issue / what triggers it. Keep both hands on your forehead.

7. Take your hands from your forehead. Think again of the issue from step 1. Check if there is a change in your "body scan" from step 3. On the scale from 1 to 10, rate where you are now with regards to that issue.

8. Optional: Repeat steps 5 and 6 a couple of times until it feels right in your body and / or until the issue's stress rating moved a couple of numbers in the desired direction from 1 to 10 on the scale.

