

Technique:

You simply hold: -

- ♦ **Your forehead (Frontal area) with one hand**
 - ♦ **The back of your head, just above the neck, (Occipital area) with your other hand**
- Breathe slowly and deeply with the diaphragm.**

Time: 3 minutes

F/O: Frontal/Occipital Holding

F /O is a very effective and completely safe way to deal with stress.

It can be used in any situation to help bring clarity and light into the picture.

It can help you center, help clear your head, and can be used on yourself or others. All movements are natural responses from the body in dealing with stress.

When we do F/O we stimulate neuro points that increase blood circulation to front of the brain.

Deep breathing brings oxygen into the body, releases toxins, and gets the energy flowing.

By breathing and holding your head in this manner, you short circuit the stress response, draw energy away from the animal survival parts of the brain and regain access to the forebrain and visual areas that allow clear sight and creative perception of the situation at hand.

We can use this technique to keep ourselves clear and to help us to 'centre' and clear stress reactions after situations like accidents or to prepare for stressors like

exams or interviews

Safe for everybody! Please use it and teach it to all you meet. F/O is a safe and useful tool.



Fig. 5