



## Human response to crisis

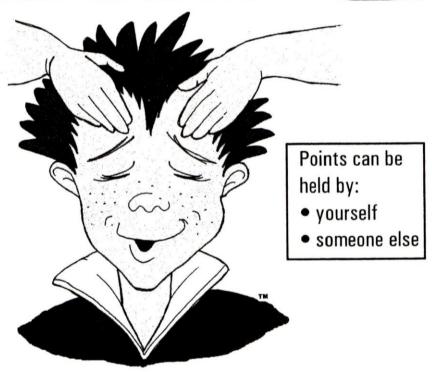


## **Emotional Stress Release**

## **Purpose:**

- Rational thinking
- Calm down & relax
- Release 'Butterflies' in stomach





- Lightly hold bumps on forehead (between eyebrows & hairline)
  Breathe in through nose / out
- Breathe in through nose / out through mouth until you feel a pulse on both points