

Holding the Neuro

It is perfectly normal to get excited or nervous before a presentation. It's human nature. I'm thrilled to share with you another lesson from the course I co-created with Daphna Slonim, MD about releasing the fear of public speaking. In this video we address a critical tool to get you calm when the anxiety surfaces.

The Procedure

Hold the neuro-vascular points on your forehead.

These points, called the Frontal eminence, feel like bumps on your forehead directly above your eyes. These particular points affect blood flow through the entire body. They are valuable to bringing more blood to the thinking brain (prefrontal lobe) under stress.

When you are under stress, you have to act on instinct. The thinking brain short-circuits, and subsequently has less blood going to the frontal area in your brain. This is the reason it is difficult to concentrate under pressure.

When you hold these points you bring blood to the thinking brain which helps you get focused when stressed. You can either put one of your hands on the entire forehead, or you can put the fingertips of both hands on the bumps and your thumbs on your temples, near your eyes. Stay in this position, breathing deeply for a few minutes. Crossing your hands over one another may give extra benefits.

You can also use these points to release traumas or other negative emotions, by "reprogramming" the emergency response loop. Bring to your attention the traumatic experience, while doing the above procedure for a few minutes. Sometimes a really traumatic memory will take more than one session. Keep doing it till the memory is losing all of its emotional load.