

HEADACHE RELIEF SCRIPT

This uses gentle pressure or massage on specific points to ease headaches and improve clarity.

Here are the steps of the Energy Flow® Headache Relief exercise:

1. Sitting, relax your shoulders. Tilt your head to the right, bringing your ear close to your right shoulder.
2. Place your right palm against the right side of your head. Take a deep breath in as you press your hand and your head against each other. Push hard while holding your breath.
3. Slowly but completely releasing your breath, drop your hand and stretch your head closer to your right shoulder. Repeat two more times.
4. Repeat on the left side three times.

Reflection questions:

1. As you pressed your head and hand against each other, what did you notice in your neck or head?
2. Did the stretch after releasing your breath change the feeling of tightness or pressure?
3. After completing both sides, how does your head or clarity feel compared to before the exercise?