



Reaset

The return of Ease

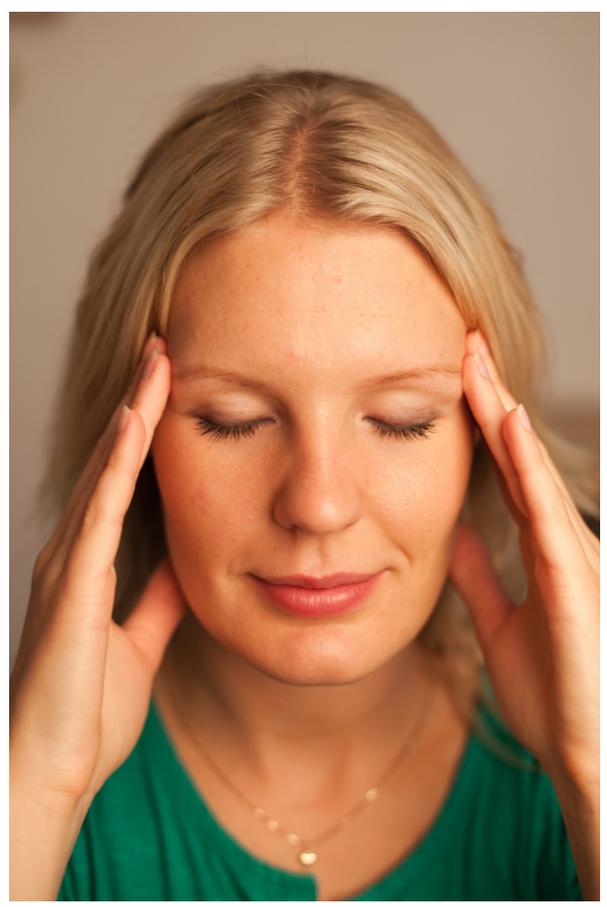
An e-book by Tom Meyers



INTRODUCTION

Help yourself and others come into Ease

And what if it was easy?



Preface

Remember what you know and help yourself and others come into ease.

More and more we seem to be running after ourselves to keep up with the demands of life. There is no end to internal and external stimuli that we are faced with, leading to stress. Did you know that about 80% of all illnesses are related to prolonged stress.

Stress - from a survival perspective - is good for you: it keeps you alive in times of danger. However, when the danger is past, the stress response must reset itself to ease.

Just like an alarm, you want your stress response to go off when there is danger. When that danger is over you want it to reset itself. When it doesn't, you must reset it manually. At any other time, you want it to be alert, ready to be activated at need.

Reset: The return of Ease

can help you and others to reset the stress response back into ease, so that you can start living up to your full potential with resilience.

You can apply it to regain control, to improve your focus and clarity and reduce physical tension. Over time it will make you more stress resistant.

Start to Reaset today and feel the effect immediately. Make it part of your daily routine and, most of all, share it with others.

Be good to yourself.... and others.

Tom

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What is stress?

***Stress** is a normal body response to a real or imagined threat. However, beyond a certain point it impinges on your physical, psychological and social wellbeing.*



Stress is a normal physiological response to internal or external events that make you feel threatened or upset your physical, mental or emotional balance in some way. When you sense danger (automatic reflex) – whether real or imagined – the body's defenses kick into an automatic process known as the “fight-or-flight” response.

The “fight-or-flight” response is the body’s way of protecting you. When it works properly, it helps you stay focused and alert. In emergency situations, stress can save your life – for example, by jumping away from an oncoming car to avoid being hit.

But beyond a certain point, stress stops being helpful and has an adverse effect on your health, your mood, your productivity, your relationships, and your quality of life.

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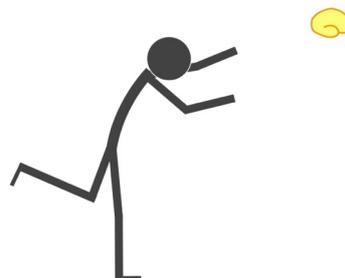
The adverse effects of chronic stress

Are you running after yourself?

Signs and symptoms of stress:

Body:

- Neck, shoulder or back pain
- Headaches, insomnia
- Digestive problems, returning infections, slow healing of wounds
- High blood pressure



Mind:

- Mood and temper changes, constantly worrying
- Irritability, anxiousness, relationship problems
- Concentration problems
- Procrastination
- Feeling overwhelmed, difficulties making decisions
- Depression

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Reset: Return to Ease

When the tide comes in, follow it until all is still and what is concealed expands into light.

Working as an osteopath, I have noticed that most of my patients who come with physical complaints like neck, shoulder or back pain have reported improvements in their subjective wellbeing: better decision making, clarity of mind, disappearance of headaches and insomnia, better coping, more time...

How is this possible?

How could a physical, hands-on approach achieve such results?

The answer is actually simple, and can be illustrated with the following examples.

When a child is in distress, what do you instinctively (want to) do? You embrace it. You hold it in your arms and hold or stroke its head.

When we are in conversation and we forget a name, we have the tendency to touch the forehead.

When we try to figure something out, we scratch our heads.

Touch has therapeutic properties. It (re)activates the parasympathetic nervous system that has been suppressed by the stress response. Applied to certain areas of the head, touch has additional stress reducing effects. For instance through touching your temples you directly stimulate, tickle your amygdala, the brain's master reward-pleasure circuit. The positive effects of touch can be intensified when done in a specific way (see Reaset Touch Modality), in combination with regular, intentional and focused slow breathing and by filling yourself with a sense of wellbeing.

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Reset in practice: part 1

Take ± 1 minute for each step of the process.

Build up steps 1 to 3 until you can synchronize them



STOP whatever you're doing and close your eyes.

Observe yourself: **How do you FEEL?**

Take 3 deep, slow BREATHS



Start BREATHING with a cycle of ± 5 seconds in and ± 5 seconds out
(Link to breathing cycle mp3 : <http://cl.ly/2z2v32233Xot>)



Continue the breath cycle and fill yourself with a positive FEELING

Ex. Feel the sun warming you and let that joyful feeling engulf you **and puts a genuine smile on your face.**



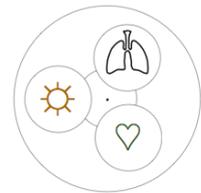
Keep going with steps 1 and 2 and now VISUALIZE that your breath accompanied by that positive feeling go through your heart, a tense or painful part of your body

Continue with part 2

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Reset in practice: part 2

Continue to breathe through your heart, tense or painful part of your body while holding on to that positive feeling. Now touch the following Reaset reflex zone's one by one for about 1 minute each.



HOLD 2 fingers (index and middle finger) on your TEMPLES



Hold one hand on the FOREHEAD and the other at the BACK OF YOUR HEAD

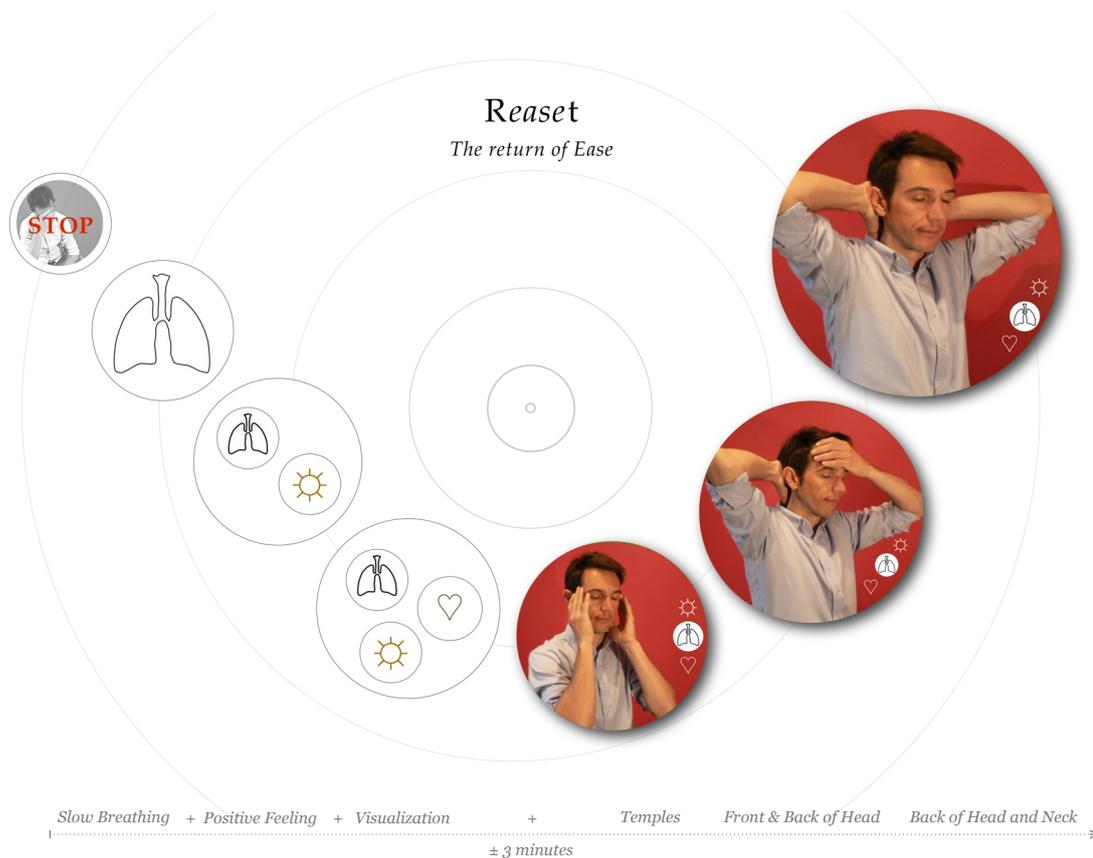


Hold hands interlocked behind the BACK OF YOUR HEAD and with the THUMBS facing down TOUCHING THE NECK muscles

End your Reaset with a couple of deep breaths and by slowly opening your eyes again. **How do you feel?**

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Reset: Summary



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This Reset procedure is a complete practice in its own right, but can be used with or within other healthcare approaches.

The last steps can be applied to others. I would encourage you to offer a Reset session to others when you see that they are struggling. However, be very aware of your conduct. Offer your service, but when the other says no, it is no! Also, never stand behind a person when applying Reset. Stand in front or at an angle. Remember, you offer this because the other is stressed and thus in survival mode. You want them to feel secure, to feel that they are in good hands and being cared for.

Be aware: Reset is a first-aid tool and not intended to replace advice from your doctor.

Note:

The touch used must be as light as possible.

You can even go one step further, trying to perceive the micro movements that are present by using the **Reset Touch Modality**. Are they balanced, flow - wave like. If not, what do you feel?

The Reset Touch Modality: Let your fingers follow (engagement) whatever movement you perceive without trying to control it. You follow until you feel no movement comes forth anymore (still point) or a softening, an expansion (disengagement) of the tissue under your fingers, hands presents itself. The still point is not always perceivable.

The principle used in the Reset Touch is very similar to the three phases of the breath cycle:

- E Engagement phase:** Touch, sense, follow the tide (inhalation)
 - **Still point** = The reset: The tide will stop - just be there (between inhale and exhale)
- D Disengagement:** The expansion phase (exhalation)

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Don't let stress hold you down, **Reaset** today...

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Fight or Flight is Body over Mind

Chronic stress will fix you in a more primitive mode of functioning

The human brain is made up of three layers, each of which has developed in response to evolutionary need. The oldest layer, which lies closest to the brainstem, is called the reptilian brain (red). Its main aim is our physical survival and regulation of heart rate, blood pressure, breathing rate, arousal, etc. The limbic system (orange), which includes the hippocampus, evolved next and is related to memory and emotions. The most recent addition is the cortex (yellow), with the prefrontal cortex, which is the seat of cognition, creativity, language, logical operations, planning, seeing ahead...



The layers are connected by a complex communication network. However, when demands exceed the capacity of the body's self regulatory system, communication between the layers can be perturbed. The reptilian brain will then become the dominant (re)actor, and in some cases will displace the other brain layers - and thus displace the mind.

In this **survival mode**, the body's fight and flight response is continuously triggered. On a physiological level, this means the permanent release of adrenaline and cortisol and triggering of the sympathetic nervous system (SNS) and inhibition parasymphathetic nervous system (PNS). In everyday terms, this means that:

- non threatening events become threatening
- we over-eat to satisfy our brain's heightened demand for glucose and the lowered glucose storage (**cortisol**)
- heart rate, blood pressure and breathing rate are permanently increased (**adrenaline**)
- the immune system is inhibited (cortisol)
- we are permanently tense (adrenaline)

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From stress to Ease

Balancing the communication between the triune brain and between body and mind.

STRESS	RESET	EASE
Dominant reptilian brain	<ol style="list-style-type: none"> 1. Lowering breath rate to a more optimal cycle 2. Regulating automatic nervous system 3. Reset fight & flight mode to ease: Reducing adrenaline and cortisol release 4. Improve vascular and energy flow in all layers of the brain 5. Relieve muscular tension 6. Reactivate prefrontal cortex 7. Stimulate creativity and imagination 	<p>Reset to Ease = PROCESS = Return to a DYNAMIC BALANCE of Body-Mind functioning</p>
Increased muscle tension: Neck , shoulder, back pain...		
Increased heart rate and blood pressure: cardiovascular problems		
Increased breath rate: Change in blood pH (more acidic)...		
Lowered immune system: infections, colds, slower healing...		
Inhibition digestive system: Impaired digestion, stomach ulcers...		
Impedes the limbic an neocortex layer of the brain: Impairs memory, cognition, productivity, creativity...		

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Information



Photograph by: Natalie Hill ©

Reset: The return of Ease is the essence of Elementary Healthcare an approach that puts you back in the picture of how to improve your health with the tools that you were born with. For more information visit the website www.reset.com

If you would like to invite Tom as a guest speaker at your event or for a presentation in your business, or you would like to organize a workshop in your neighborhood, then please do not hesitate to contact him by email.

This mini e-book is there for you to remember what you already know. That **the healer is within you** and health is the expression of your interaction with that healer. This doesn't mean you will never need help from others - far from it. Just as our bodies are a society of cells working together for the greater good, so we are a society of people. If you found this information helpful, share this e-book with others or tell or show people what you have learned and how it has helped you.

Thank you!

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Helping yourself is helping others.

Helping others is helping yourself.

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Acknowledgments

Reset and The Human Brain- by Neil Slade

Tom Meyers is an osteopath in Brussels, Belgium whom I interviewed for "Tickle Your Amygdala" , my latest book on brain function and brain self-control, because of the great success and enthusiasm he was experiencing tickling his own brain. He has related basic brain function to his own specialty, and in this way, come up with something very useful and easy that everyone can utilize.

One of the important things he discovered as a physical therapist was a simple series of physical "hands-on" exercises that repeatedly seemed to easily cause a positive brain and amygdala stimulation ("tickle"). His suggestions are even simpler than "exercises" in general, but rather simply the placing of one's hands in the right way upon one's head and neck.

He had begun to notice an unexpected yet welcome pronounced change in the clear thinking and elevated mood reported by many of his patients. He set about to find how their treatment had differed from other patients, and soon discovered what he was doing differently. Eventually he discovered that the application of his hands in a certain way (as well as the patients themselves) seemed to elicit this change.

He has since written about this with clear and easy instructions so that everyone can take advantage of his discovery.

I have found Tom's experience to be of great inspiration to those looking to improve the way in which their brain functions. He is yet another professional who has discovered and utilized brain self-control and amygdala tickling in an original and useful way that will be of great importance to many.

<http://www.neilslade.com/TickleYourAmygdalabook.html>

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Ear massage to relieve neck tension

Pre-test:

Turn your head to the left and then to the right and see how far you can turn to each side without moving your shoulders.

How does your neck feel?
How far can you turn your head to left and right?

Keep these observations in mind.

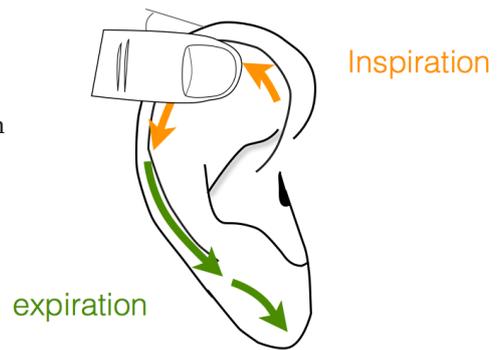
Exercise:

1. Breathe in and out slowly.
2. Fill yourself with a positive feeling.
3. Continue 1 and 2 and massage your ears simultaneously between thumbs and index fingers for 3 - 6 breath cycles.
4. **On inspiration, massage the top part of your ears**
5. **On expiration, massage the rest of the ears and ear lobes**

Post-test:

Turn your head to the left and to the right again and see how far you can turn it this time without moving your shoulders.

How does your neck feel now?
How far can you turn your head to left and right?



Radio X is Belgium's 1st and only commercial English-speaking radio station for Brussels and beyond and is proud to be serving the Expat, European Commission, European Parliament, NATO and the International business community at the very heart of Europe – Brussels.

Health Matters

I'm Tom Meyers, Stress Coach for Body & Mind and every week I present the feature Health Matters on Radio X, an online English speaking commercial radio station based in Brussels, Belgium.

In Health Matters I take a closer look at the S word that has become one of the biggest challenges to our health and wellbeing STRESS. What is stress, why has it become a nuisance and most importantly what can you do about it .

If stress has you in its grip and you want to do something about it or you just like to know more about health and wellbeing then go to Health Matters on www.radiox.eu where you can tune in to the show every monday at 7h35, 9h35 and 16h35. On the Radio X website you can also listen or download all the Health Matters features so far.

Transcripts of the Health Matters features you can find on my blog www.elementaryhealthcare.com

Topics on health Matters so far:

- Biology of Stress
- Stress a conflict between biology and culture
- Insomnia
- Burn-out
- Recognizing you are stressed
- Stress Busters
- Health is about balance



Information

Website

www.tommeyers.be

Blog

www.elementaryhealthcare.com



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[PayPal](#)

Email: biomotions@gmail.com

Tel: +32 (0)472 399 779

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