

HEEL SHOCK RELEASE

(as taught by Donna Eden – www.learnenergymedicine.com)



Purpose:

To wake the system up, release shock, numb or feeling 'paralyzed' and to reconnect to the body.

Use when:

- Immediately after a trauma
- When feeling shocked or numb
- When feeling dissociated, disconnected, or overwhelmed

Common experiences:

- Feeling connected 'inside your body'
- Feeling more awake, alert, present



Steps

Bounce up and down on balls of foot with slightly bent knees, letting the heel firmly strike the ground for a least a minute. As you bounce, allow the upper body to become like a rag doll, releasing tension and shock.

OR

1. Rub the heel in the following way
 - Deeply massage the sides of the heel (both sides of foot)
 - Deeply massage area behind ankle bones (both sides of foot)
 - Deeply massage area where the heel connects to arch of foot
 - Repeat Steps on other foot

Follow along with the video: <https://youtu.be/QR0MhV8liKA>

The information in this document is educational in nature and is provided only as general information for stress reduction. It is not intended to create, and does not constitute a professional relationship between Resource for Resilience project team members or the Association for Comprehensive Energy Psychology (ACEP) and the viewer. It should not be relied upon as medical, psychological, coaching, or other professional advice of any kind or nature whatsoever

Resources for Resilience

Association for Comprehensive Energy Psychology
Energypsych.org/resilience