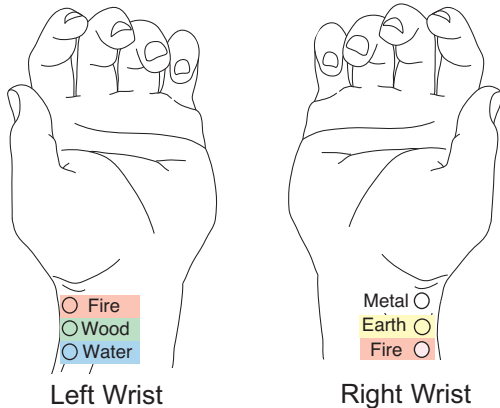


# FIRST AID STRESS TOOL (FAST)

FAST can be used to help relieve symptoms associated with many different kinds of stress and often offers immediate relief. *Important:* FAST is not intended as a replacement for consultation, diagnosis or treatment, and it is always recommended you consult with your healthcare professional.\*

## THE PULSE POINTS USED WITH FAST:



One of the dynamics used with FAST comes from Acupuncture, where specific pulses are associated with different Elements.

The Elements have been named Fire, Wood, Water, Metal and Earth, and each Element is associated with various emotional / stress responses. Examples:

- **Fire** can be associated with feeling abandoned or vulnerable
- **Wood** can be associated with feeling angry or frustrated
- **Water** can be associated with feeling scared or afraid
- **Metal** can be associated with feeling sad or unhappy
- **Earth** can be associated with feeling worried or hopeless

## HOW TO USE THE FAST PROCEDURE:

**Step A:** Identify an issue that is bothering you. Place one of your wrists (palm up) into your other hand. Using 3 fingers of your bottom hand, gently contact the 3 pulses that are located on the 'thumb' side of the palm-up wrist.



**Step B (part 1):** Place the open hand on your forehead to cover the 2 points related to stress (located halfway between the pupils and hairline).

Then gently breathe in & out a few times while *concentrating* on the 'feeling' associated with the issue that is bothering you.



**Step B (part 2):** Switch hands and repeat the above step with the 3 pulses on your other wrist.

**Step C:** Use FAST as frequently and as long as needed. Taking sprays of NET Remedies #9 and #24 (only available through licensed healthcare practitioners) also helps support the release of associated stress.

## FAST HELPS STRESSFUL SITUATIONS FOR 'LITTLE ONES' TOO:



Mom helps a little one contact the 3 pulses on one wrist and guides her hand to her forehead



\*If stress symptoms persist, NET (only used by licensed healthcare practitioners) may be needed to resolve the deeper elements of a stress pattern.