

If your physician has given you this sheet, then you either have pain in the front of your head or the back of your head. Either pain can be relieved with self-massage or other self-treatments.

To perform self-massage use the pads of your fingers rubbing your forehead or the back of your head in a circular manner. Occasion, there may be some stiffness to these areas or tension that you can feel beneath your fingers. Massage these areas until the tension goes away or use the self-treatments below to relieve the tension. Also, if you are someone who wrinkles their forehead a lot under stress then you need to focus on relaxing these muscles. You can do it!



Sometimes there may be tender points that do not go away with massage. Then apply a deep and steady pressure to the point and it should eventually go away. You don't have to massacre yourself to be successful just press on the point to illicit the feathers edge of pain and follow that edge until the pain disappears completely.



Using the pads of your fingers over your eyebrows apply traction in a downwards direction. Then while holding the traction with your finger pads hold your eyebrows in the raised direction for the duration of 3 deep breaths. Upon the completion of the deep breaths allow your eyebrows to go back down and notice how they seem to go even lower with the traction than before. Repeat this exercise 2 more times. The whole process can be performed 2-3 times a day until the forehead or back of the head pain/s disappear.



Nobody who has a problem with self-awareness ever wakes up in the morning and wonders if they are self-aware. Self-awareness is a potential that has many different levels of achievement. The methods discussed here are not going to make you as self-aware as His Holiness the Dali Lama, but they will help you develop your awareness to a higher level.

If your physician gave you this information do not be offended. They obviously care very deeply for you and think that you may benefit from trying something different, like Journaling. Journaling is a great aid in healing because it allows you to act, in a sense, as your own therapist. Besides, who knows you better than you?

There are different kinds of journaling activities that you can try. The first is the “pop quiz.” With this method you are going to test yourself spontaneously by carrying a pocket notebook or PDA and writing down what you are thinking at 3 different points during the day. Answer these questions:

- 1. What am I thinking about?**
- 2. Why am I thinking about this?**
- 3. How is my body responding to these thoughts?**

When you ask yourself these questions jot down anything that comes to mind. At the end of the day review what you have written. Is there a common trend to your thought patterns or the responses of your body? Do you feel your shoulders’ rise or forehead furl? The first step to addressing a problem is finding out where it is coming from.

Another rewarding journaling activity is the daily journal or diary. Most people who use this type of journal write it at night. This way they recount their day and write down the activities that transpired during the day. Often they try to answer certain questions:

- 1. Were there any problems that occurred during the day?**
- 2. How did they handle these problems?**
- 3. What could they have done to handle it better or even to prevent it?**

Some people think that instead of focusing on problems in journaling they should focus on things that are a little more upbeat! The questions that they try to address are:

- 1. What did I learn today?**
- 2. What moved me emotionally today?**
- 3. What am I thankful for today?**

The Dali Lama may know the answer to all the questions on this page already, but most people don’t because they don’t ask the questions of themselves to begin with. Journaling is one way of finding those answers.

Journaling works whether you are looking to identify and change bad behavior patterns, find innovative answers to problems at home or work or trying to find the beauty in everyday life. Journaling is FUN!