

You Have More Tools Than You Think

7-Day Reset

Day 7

Over the last 7 days, you have practiced something many people never slow down long enough to learn.

You noticed safety.

You felt support.

You used breath intentionally.

You listened to your body.

You allowed movement.

You met patterns with more compassion.

That matters because healing is not always one dramatic breakthrough.

Often it is small moments repeated.

One breath instead of bracing.

One pause instead of reacting.

One honest no.

One act of support.

One moment of listening.

You do not need to do everything. You need a rhythm you can return to.

Today is about keeping what works.

Today's Practice (3 Minutes)

Integration Reset

1. Sit comfortably.
2. Take one slow inhale.
3. Exhale a little longer.
4. Ask yourself: **Which practice felt most impactful for me?**

Examples:

- orienting
- shaking / movement
- grounding
- self-compassion
- slower exhale
- noticing support
- body sensing

5. Ask next: **Which practice would be easiest to continue regularly?**

6. Choose one daily anchor.

Examples:

Orienting

Look around the room and soften gaze before stressful moments.

Grounding

Feel feet on the floor while waiting or overwhelmed.

Breath

3 longer exhales before work, sleep, or difficult conversations.

Sensing

Pause once daily and ask, What do I feel right now?

Movement

Shake arms, stretch, or walk after stress.

Vocalizing

Hum, sigh, or make sound privately to release tension.

Compassion

Place your hand on your heart and replace criticism with curiosity.

Noticing Good

Name one thing that feels supportive, beautiful, or okay each day.



ENERGY BODYTECH

7. Place one hand on your heart or belly.

8. Say quietly:

I do not need to do everything.

I need something I can return to.

9. Take 3 slow breaths.

10. Notice how that feels.

Small consistency often beats intense effort.

Reflection Prompt

What practice felt most impactful this week?

What surprised me?

What one practice am I most likely to continue?

What kind of person am I becoming when I care for myself this way?

Real Life Reset Tip

Do not wait for stress to become overwhelming before using your tools.

Use them early.

Use them often.

Use them before you desperately need them.

Examples:

One breath before opening email

Ground feet before difficult conversations

Orient before entering busy spaces

Shake tension out before bringing it home

Choose support before burnout

Resets work best as maintenance, not only emergency response.

Closing Message

Thank you for trusting me with this week.

More importantly... **thank yourself for showing up.**

Your body is not the enemy.

It has been trying to help you all along.

And now you may understand it a little better.

Keep listening.

