

STRESS RELEASE SCRIPT

Designed to ease stress and tension, enable a state of relaxation and emotional balance.

Here are the steps of the Energy Flow® Stress Release exercise:

1. Choose whether you want to stand or sit, whichever feels more comfortable for you. Ensure you're in a relaxed position with your feet firmly on the ground if you're sitting
2. Close your eyes and imagine that the stress and tension in your life are now concentrated in your hands. Picture it as a ball of stress that you're holding onto.
3. Now, physically tighten your hands as if you are gripping onto that ball of stress. Make a fist and feel the tension in your fingers, palms, and wrists. Imagine transferring all the stress into this tight grip..
4. At the peak of the upward movement, imagine a "whoosh" sound as if the stress is being energetically expelled from your hands and dissipating into the air.
5. After the "whoosh," slowly bring your hands back down to a relaxed position. Take a deep breath and feel the lightness, as if you've let go of the burden of stress. Embrace the sense of calm and relaxation.
6. Repeat this exercise as needed, and each time you go through the motions, focus on the act of releasing and freeing yourself from stress.

Reflection questions:

1. As you tightened your hands and imagined holding the ball of stress, what did you notice in your body or breathing?
2. When you released your hands and imagined the “whoosh” of stress leaving, did the feeling of tension shift in any way?
3. After completing the exercise, how does your body or sense of calm feel compared to before you began?