

3 Simple Energy Reset Exercises for Nurses On The GO!



1: **Technique:** **The 3-Breath Reset**

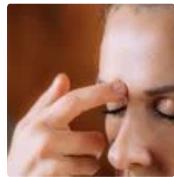
Use when:
You're overwhelmed, panicked, or caught in a swirl.

What it does:
Regulates nervous system, calms your heart, brings you back into your body.

How to Do:
Inhale through nose: "I am here."
Exhale through mouth: "I am safe."
Repeat x3.



Quick Upgrade:
Add hand on heart + "I've got me."



2: **Technique name: 1-Minute Tapping for Anxiety**

Use when:
You feel tension, dread, or pre-shift jitters.

What it does:
Calms emotional brain, interrupts stress loop.

How to do:
Tap gently on your collarbone and say: "Even though I feel this [stress/anxiety], I am safe in this moment."

Quick Upgrade:
Tap through eyebrow → side of eye → under nose → collarbone.



3: **Technique name: Shake It Off Reset**

Use when:
You're carrying someone else's pain or feel emotionally "sticky."

What it does:
Clears stagnant emotional energy from the body.

How to Do:
Shake your arms, shoulders, and hips for 30 seconds.
Stomp your feet.
Inhale loud. Exhale with a sound.

Quick Upgrade:
Do 3 rounds + end in stillness with deep breath.