

3 Simple Energy Reset Exercises for Pros on the Go!

x x x x
x x x x



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."

x x x x
x x x x



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.