

# 3 Simple Energy Reset Exercises for Nurses 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.

[www.bit.ly/nurseenergycode](http://www.bit.ly/nurseenergycode)