



ANTI-STRESS

Emergency kit

3 POWERFUL EXERCISES

that act on



the body



the nervous system



& energy



WELCOME TO YOU!

Welcome to this special guide "My anti-stress emergency kit"! Thank you so much for being here today. Congratulations on taking this precious time for yourself, listening to your needs and looking for simple, accessible and powerful solutions to feel better in your body and your daily life.



Hello, I'm Sarah,

I am a **kinesiologist** and **psychosomatic coach**, passionate about **movement, dance and somatic practices**. I guide you to **listen to your body** and your feelings to **free yourself from blockages**, become the "**captain of your inner ship**" and **navigate peacefully** through your daily life.

This guide introduces you to these simple and powerful practices, the beginning of a deeper journey towards your inner self.

Sarah ♥



HOW TO USE THIS E-BOOK

Your "anti-stress emergency kit" is flexible: use these 3 exercises **whenever you want**, as soon as the need arises.

Sudden stress before a presentation or an event? Energy dip in the middle of the day? Morning or evening routine to calm your mind?

👉 **The golden rule:** listen to yourself. Choose a single exercise or chain them together, according to how you feel in the moment: **it's infinitely adaptable**. Your body knows what's right for you.

To measure results:

Before and **after** each practice, take 1 minute for a check-in. Note (on paper or mentally):

- Physical sensations (tension, pain)
- Mental state (thoughts, ruminations)
- Emotions (stress, calm)
- Energy (scale 1 to 10)

This gives you a **concrete barometer** of your inner state and "quantifies" your progress, your brain loves that, on top of the sensations! ☐

**I'd love to see how these practices help you day to day!
Share your feedback, before/after or your practice on
Instagram with #MyInnerSelf
I love reposting your transformations!**

ENERGY BOOST

HOW TO DO IT?

- Inhale through your nose for 4s while inflating your belly, exhale through your mouth for 4s x3
- Feet on the ground (or sitting), index/middle finger stimulate the points in the hollow under the collarbone (27R) for 30s
- Inhale deeply and exhale by making the sound "HAAA" x6



WHY DOES IT WORK?

Diaphragmatic breathing has been shown to reduce cortisol and stress levels and support relaxation in just a few minutes. In energy work, your Kidney points (27R) under the collarbones hold your fears like "an overflowing chest". They function as an energetic "ON" button. Breathe and stimulate to gently release them.

☞ Feelings BEFORE the practice:

my energy level ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

_____ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

_____ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

☞ Feelings AFTER the practice:

my energy level ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

_____ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

_____ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

👁️ *Duration & Tips:*

Repeat as soon as you feel the "energy dip" coming on. Yawning or sighing = sign that it's working.





FIND CALM AND RELAXATION

HOW TO DO IT?

Sit down or stay standing, shoulders relaxed. Close your eyes and breathe deeply

Tap with your index and middle finger of each hand on the following points on your face x10:

- Inner edges of the eyebrows
- Outer corners of the eyes
- Under the eyes at cheekbone level
- In the middle between the nose and mouth
- Middle of the chin
- Top of the head



WHY DOES IT WORK?

This exercise stimulates mechanoreceptors in the skin and cranial nerves, sending a high amount of sensory information to the brain. The tapping points correspond to acupuncture meridians and help rebalance energy, release stored tension and promote vagal relaxation.

☞ Feelings BEFORE the practice:

my level of relaxation ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

feeling of lightness ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

_____ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

☞ Feelings AFTER the practice:

my level of relaxation ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

feeling of lightness ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

_____ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

👁️ *Duration & Tips:*

For an acute stress crisis, do this exercise for several minutes while repeating a mantra phrase: "Even if I'm stressed, I accept what I'm feeling".





EXPRESS ANTI-STRESS

HOW TO DO IT?

- Shake your body for 2 minutes (with or without music)
- Start with feet placed at hip-width, soft knees, shake your hands/arms for 30s
- Continue with shoulders, torso and legs
- Focus on hips and pelvis for 1 minute
- Slow down gradually and finish with a few breaths



WHY DOES IT WORK?

Hip rotations activate pelvic proprioception and can help calm over-activation in the fear centres of the brain, while supporting vagal tone and emotional regulation. These movements can quickly stimulate your parasympathetic nervous system and help you shift into a calmer state, often within a few minutes.

👉 Feelings BEFORE the practice:

stress level ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

_____ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

_____ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

👉 Feelings AFTER the practice:

stress level ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

_____ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

_____ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

👁️ *Duration & Tips:*

No tip today, but some inspirational music:
 Ilalo - Chancha Via Circuito, Mateo Kingman 🎵



AND IF WE WENT FURTHER TOGETHER?

These 3 exercises are a first step. If you want to deepen the regulation of your nervous system and your connection to your body, here's how I can support you:

1:1 SESSIONS – Online psychosomatic coaching

A personalized space to release stress, blockages and mental overload, using somatic tools, movement and EFT.

 [Book your session online on my website or by email.](#)

Your favorite!



COACHING PROGRAMS

Guided programs over several weeks to:

- Calm your nervous system daily
- Reconnect with your body and your emotions
- Make concrete changes in your life

 [Discover the 3 coaching programs on my website](#)

E-BOOK & ANTI-STRESS COLORING

Anti-stress coloring booklet to calm your mind

 [Find more resources on my Etsy shop](#)

EMPOWER DANCE WORKSHOP IN MUNICH

Group sessions to release stress through movement, dance and connection.

 [Join the next workshop](#)

FIND ALL LINKS HERE:

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