

The Release

Unlocking The Pause

Tools for Everyday Living




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Wellness Tools: Living in Balance

Wellness tools are simple practices for maintaining your mental and physical health. They provide a necessary pause to prevent stress from damaging your mood, energy, and relationships.



The concept of well-being

The goal of wellness tools is not to eliminate stress completely, because stress is part of life. The goal is to develop healthy skills that help us navigate stress with greater awareness, balance, and care for ourselves.”



The concept of well-being

Using the right tool matters because wellness isn't
"one size fits all."

If you use the wrong tool, you might actually fight
against your body instead of helping it:




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Think of it like a toolbox: you wouldn't use a hammer to fix a lightbulb, even though a hammer is a great tool. Wellness is the same. Using the wrong "tool" for your mood can actually make you feel worse.

When you're "Repped Up" (Anxious/Angry): Your body has too much energy. If you try to sit still and meditate, your brain might just race faster. You need "Exit" tools—like a brisk walk, splashing cold water on your face, or venting in a journal—to get that energy out.

When you're "Shut Down" (Sad/Numb): Your body has too little energy. You feel heavy or foggy. You need "Spark" tools—like opening a window for fresh air, listening to upbeat music, or gentle stretching—to wake your system up slowly.

When you're "Steady" (Calm/Open): This is the time for "Build" tools. This is when you do your deep reading, long-term planning, or spiritual study. You're laying the bricks so the house doesn't fall when a storm hits.



Stress and Overwhelm

Stress is the body's automatic physical, mental, and emotional reaction to any demand, threat, or change that requires an adjustment.

Overwhelm is stress energy that is not discharged. The nervous system activates to protect you, but when activation stays trapped. Releasing stress is not about “getting rid” of feelings. It is about allowing the nervous system to complete its stress cycle.



Without release, stress accumulates and can lead to:

01

burnout

02

anxiety escalation

03

emotional reactivity



The Pause

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The pause is a simple but powerful wellness tool. While stress triggers an immediate urge to react, taking a few seconds allows your brain to settle and your body to relax, leading to better outcomes.



Why Pause?

A pause gives us space, few seconds. Pausing can allow our brain to settle and our body to relax slightly.

That pause might look like:

01

Stepping away for a moment

02

Counting to five

03

placing your hand on your chest

Tool #1 Physical Release:

1. Shoulder rolls Release stored tension in neck and shoulders.
2. Stretching arms overhead Opens chest and improves breathing.
3. Shaking hands & arms Discharges nervous system activation.
4. Walking Regulates brain and nervous system rhythm.
5. Deep exhale sigh Signals safety to the body.



Where Stress Lives in the Body

:

Stress commonly collects in:

- shoulders & neck
 - jaw & face
- chest & breathing muscles
 - stomach & gut
 - lower back
 - hands & fists

Ask participants:


Awareness begins release

“Where do you carry stress in your body?”



Chair Yoga Exercise

Chair yoga is a low-impact way to boost your flexibility, strength, and circulation without the strain of a traditional class. It's an accessible way to sharpen your balance, manage chronic pain, and lower stress levels—all from the safety of a seat.






Tool #2 Emotional Release:

Allowing Feelings to Move

Stress intensifies when emotions are suppressed. Releasing does NOT mean exploding emotions. It means allowing them to move safely.

Healthy emotional release includes:

- naming feelings
 - crying when needed
 - talking to someone safe
 - journaling thoughts
 - expressing feelings through creativity
- 

Brain Dumping

(Written Release)

Grab a piece of paper and write down every single thought in your head. Don't worry about grammar or being "nice." Just get the ink onto the page until you feel "empty."

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#3 Mental Release:

Overwhelm happens when our minds try to hold too much at once. Instead of letting thoughts loop into worry or self-criticism, practice mental release: acknowledge your thoughts, step back, and gently let them go to reclaim your emotional state. Try things like.....

Deep breathing

Exercise

Crying

Journaling

Other effective methods include listening to music, engaging in creative hobbies, spending time in nature, receiving physical touch (hugs), or practicing mindfulness, such as meditation



Mental Health: Taking Care of the Mind

Breathing helps with mental release by acting as a "remote control" for your nervous system. By changing how you breathe, you send a direct signal to your brain to shift from a state of stress to a state of calm.



Breathing

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Guided Breathing Meditation (2 minutes)

Text on Slide:

Inhale slowly... 2... 3... 4...

Hold... 2... 3... 4...

Exhale gently... 2... 3... 4... 5... 6...

Let your shoulders soften.

Let your jaw relax.

Let this moment be enough.



#4 Sensory Release

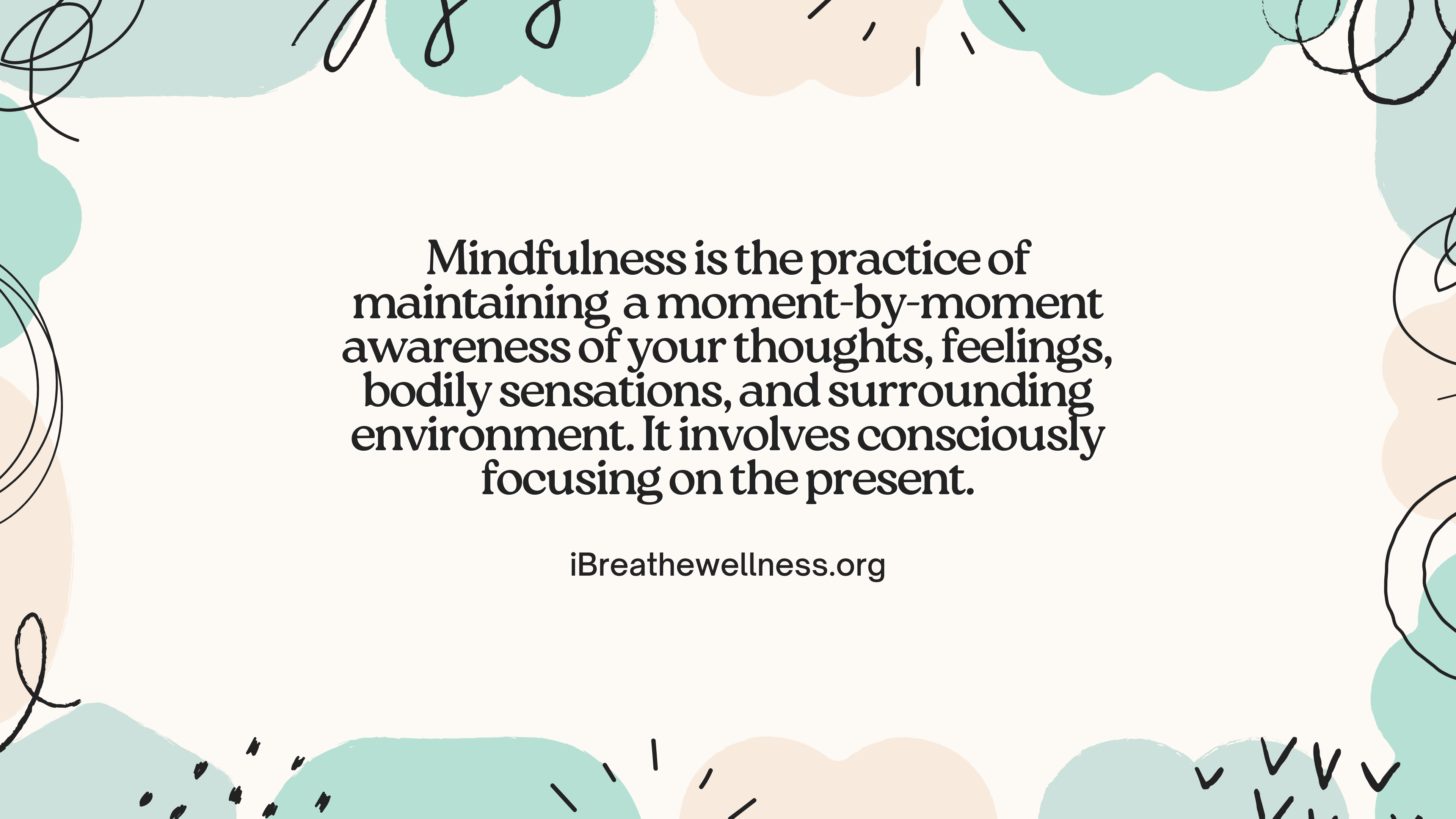
Sensory experiences can quickly reduce overwhelm.

You can try:

1. stepping outside for fresh air
2. feeling warm water on hands
3. listening to calming sounds
4. touching something soft
5. smelling essential oils or tea.

Sensory grounding brings the brain back to safety.





Mindfulness is the practice of maintaining a moment-by-moment awareness of your thoughts, feelings, bodily sensations, and surrounding environment. It involves consciously focusing on the present.

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Mindfulness



Mindfulness Eating:

See: Look at the colors and shapes.

Sniff: Notice the scent.

Stay: Let it sit on your tongue.

Savor: Chew slowly and notice the texture.

Moment of Reflection:

Using wellness tools regularly helps:

Reduce Stress

They calm the nervous system and prevent overwhelm from building.

Improve Emotional Regulation

They help you respond instead of react.

Prevent Burnout

Small daily resets stop stress from accumulating.

Increase Focus & Clarity

A regulated nervous system improves thinking and decision-making.

Support Physical Health

Stress reduction supports sleep, immunity, and overall health.

Build Resilience


You learn to recover more quickly from challenges.





Teaching Point:

Wellness tools are not luxuries. They are essential life skills. You do not wait until you are overwhelmed to use them. You use them daily to stay balanced. Wellness tools help us return to ourselves. They help us to stay calm, steady, and capable even in stressful moments.





**Thank you for giving
yourself permission to
pause today.**

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