



# DEPROGRAM STRESS SERIES

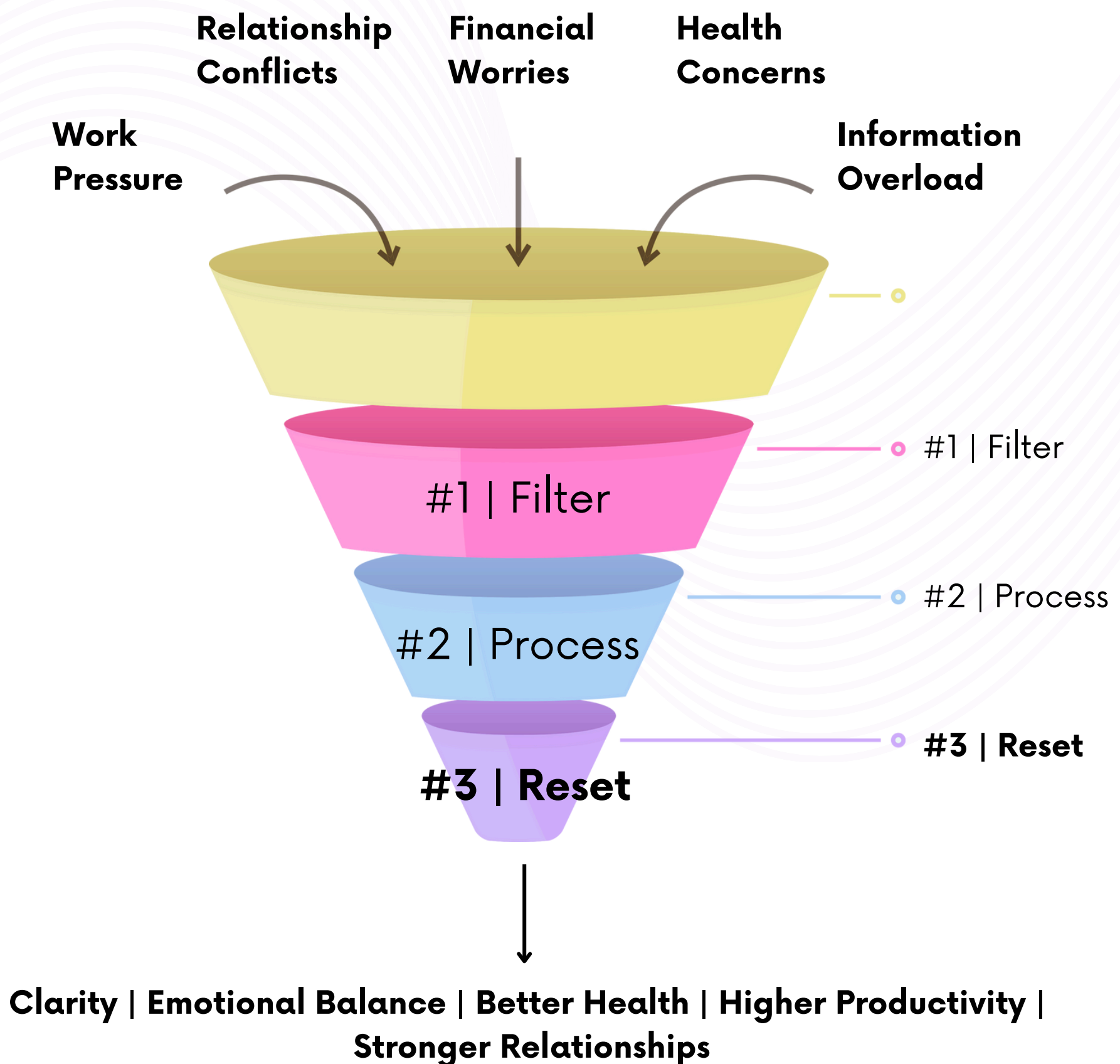
## **#3 Reset:**

Release Stress Before It Builds  
Up



# #3 Reset:

## Release Stress Before It Builds Up





# Facts:

- Even with strong filters and smart processing, some stress still sneaks in. And that's normal.
- The key is not to let it stay.





# The Science:

- **Somatic Stress Release** shows that physical movement clears mental tension.
- Writing down stressors helps the brain let go of them.
- Deep breathing shifts the body from stress mode to calm mode.





# **#3 Reset**

## Release Stress Before It Builds Up





# A Stress Reset Ritual

- When stress spikes, disrupt it. Get distracted. Example: Stand up, stretch, and splash cold water on your face.
- End your workday on purpose. Shut the laptop, take a 5-minute walk, and breathe deeply.
- Before bed, write down stressors. The brain sees them as "handled," so they stop looping.





# Why This Works:

- Stress isn't just in your mind. It is in your body.
- Your muscles store tension.
- Your breathing changes.
- Your nervous system stays in high alert.







**If stress lingers, it's  
because you never told it  
to leave.**

