EXERCISE COLLECTION – Gentle Practices for Daily Use

You do not need to do every exercise.
See this as a collection of possibilities.
Choose what fits you in this moment.
Small, repeated moments of attention create more change than large, one-time efforts.

1. Body Scan (foundation of self-connection)

When to use: tension, doubt, overstimulation

How to do it:

- Close your eyes or soften your gaze
- Scan your body from head to toe
- Notice without changing anything

Ask yourself:

- Where do I feel tension?
- Where do I feel space?
- What needs attention right now?

Purpose: learning to listen without fixing

2. Extended Exhale

When to use: anxiety, restlessness, panic

Inhale for 4 counts; Exhale for 6 counts; Repeat 10 times;

A longer exhale activates your parasympathetic nervous system, your calming system.

3. The Mini Boundary

When to use: people-pleasing, overload

Choose one small boundary, for example:

- responding later
- postponing something
- honestly saying you are tired

Observe afterward:

- What do I feel?
- What happened?

Purpose: building safety around boundaries

This workbook is confidential and intended solely for personal use.

4. Mirror Affirmation

Look at yourself and say:

> "I am here. And I am doing my best."

Purpose: internal safety and self-recognition

5. Releasing thoughts onto paper

Write continuously for 5 minutes. Everything that comes up.

Not neat.
Not logical.
Not filtered.



Close with:

> "These are thoughts, not facts."

Purpose: creating distance from overthinking

6. Returning from freeze

- press your feet firmly into the ground
- press your hands together
- say your name out loud

Purpose: returning to the body

7. The emotion wave

When an emotion arises, say internally:

> "This is a wave. I don't have to act on it."

Observe for 90 seconds.

Purpose: increasing emotional tolerance

8. The one-minute presence

Feel:
your breath
your body
the space around you

No goal. Only presence.

Purpose: practicing being

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