

# 4-Step Refresh and Reset Exercise

This 4 step stress-relieving exercise will clear away heavy feelings like irritability, overwhelm, frustration, even mental fog and leave you refreshed and ready to go on with your day with greater ease!

## *Step 1:* Lions breath for letting go of stress

Inhale through your nose, open your mouth wide, stretch your tongue over your bottom lip and exhale with an audible “Haaaaa” (hence the name). Allow yourself the freedom to be as loud as you need to be so your body actually releases that which you want to let go of. Repeat 3x.

## *Step 2:* Third-eye open and release

Place all four fingers of both hands fingers in the center of forehead. Press into your forehead and pull your fingers outward to your temples to clear tension and to stimulate your third-eye chakra. Then shake your hands and let that energy go! Repeat 3x.

## *Step 3:* Crown stimulation and release

Starting at your forehead, swipe your hands across the top of your head, down the back of your head, off the front of your shoulder, and then let your tension go by shaking it off. Inhale as you swipe across your head, exhale as you swipe the top of your shoulders and then finish your exhale with some gentle force as you shake the energy off your hands.

## *Step 4:* Cross-body swipe for balancing energy

Put your right hand on your left shoulder and sweep your arm down and out to the right. Do the opposite on your left side. Inhale through your nose when you put your hand on your shoulder and exhale through your mouth while you do the crossing motion.

## **Finish with a Restorative minute!**

Sit for one minute with your eyes closed. Focusing only on the sound of your breath and the feeling of gratitude for tools like this that can reset and refresh you!

