

# Stress Management

Trough Movement, Grounding & Breathing Techniques

1

## YOGA

- Helps release stored tension and emotional overload.
- Builds emotional balance and body – mind awareness.
- Boosts serotonin (mood) and endorphins (feel-good).



2



## MEDITATION

- Calms overactive thoughts, sharpens self-awareness.
- Trains the brain to pause, reflect, and regulate emotions consciously.
- Increases dopamine (focus), serotonin (well-being), and oxytocin (connection).

3

## STRETCHING

- Releases physical and emotional stiffness.
- Improves emotional and physical awareness.
- Increases endorphins, improves blood circulation.



4



## LIGHT MOVEMENT

- Clears emotional fog, improves decision making.
- Encourages present-moment awareness, key for emotional self-regulation.
- Releases endorphins and dopamine, improving mood and motivation.

5

## BREATHING

- Regulates heartbeat and emotion-driven impulses
- Teaches control over reactions, essential for high Emotional Intelligence under pressure.
- Balances oxygen, promotes parasympathetic activation.

