



Worried, Frozen,
Stuck?

TRY THIS



The Restore Method

A close-up, profile view of a woman's face and upper body. She is looking towards the left, where a bright sun is creating a lens flare effect. Her hands are gently placed over her chest. The overall mood is peaceful and contemplative.

SAY THIS →

PAUSE . . .
what a gift!

NOW, DO THIS →



Silent Scream

- Take a deep breath in, and open your mouth as if you're about to let out a huge scream.
- Close windpipe, scream quietly and intensely without making a sound.
- You're forcing out the scream.
- When you inhale, fill up the belly, not the chest.
- Slowly push air out until the last drop of air is out.
- Repeat several times or until you feel less tension in your body.

WHY IT WORKS:

This posture decompresses the deep front fascial line, the TMJ that is often clenched under tension and the occiput (where the skull meets the spine), It allows allows stored tension to move through the body without needing words.

OBSERVE
BREATHE
RELAX

notice it
name it
allow it

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Tap the Four Bones



1. With your fingertips, Tap your CHEEKBONES lightly on both sides and up to the temples, in line with, the pupil. (Sedates stomach meridian to calm from anxiety).

2. Rub or tap the COLLARBONES (Sedates kidney meridian to calm fear, and adrenals).

3. Thump or tap on the soft spot in the middle of the CHESTBONE (Sternum). (Stimulates thymus gland for a boost of energy and to support immune system).

4. Rub in small circles and/or tap vigorously on both sides under the arms where the protruding RIBBONES out. (Spleen meridian - calms worry, anxiety).

WHY IT WORKS: This EFT tapping technique can reawaken the body after shock, relieves numb or frozen energy and turns energy circuits back on and increases energy in mind and body.



Physiological Sigh

It's a double (or triple) inhale followed by a long exhale:

Two or three quick inhales through the nose or mouth (the second and third inhales are deeper than the first),

A slow, long exhale through the mouth,

Repeat several times until you feel calmer.

WHY IT WORKS: This breathing pattern helps “top off” your lungs with extra oxygen and then removes more carbon dioxide, which helps reset your autonomic nervous system and activate the parasympathetic response. The double inhale expands the lungs fully, opening collapsed air sacs (alveoli). Can slightly raises alertness, helping a frozen system begin to mobilise. Engages conscious breath without being overwhelming or high-effort.

Shake it Off (TRE)

Lie on your back with legs resting up a wall or on a chair. Begin to lightly vibrate, rock or shake your legs. Start subtle and let it build naturally.

Keep your jaw, breath, and face relaxed.

Then begin to gently shake your legs for 1–2 minutes or until you feel a sense of release or calm.

Rest afterward for a minute or two to let your body integrate the shift.

PS:

You can just shake on the spot!



WHY IT WORKS: Tremor Releasing Exercises can discharge muscular tension in a safe way, encouraging vagal nerve activity and the parasympathetic state. Helpful practice for the Freeze state, to support the gentle release of trapped sympathetic energy. Great to do before bed or if you wake in the early hours. Overdoing TRE can create more exhaustion, so if you are in Shutdown already, skip this step, and go for a gentle walk, drink a cool drink or splash cold water in your face, instead.

Rinse & Repeat
til calm & clear...

Next:
Ground barefoot & Hydrate
Listen to your Heart &
Take the Obvious Next Step.



PS - you're far more capable
than you may realise!