

5 Steps to Relieve Stress with the Holistical Method



Holistical Method

Discover Practical Tools to Restore
Calm, Balance, and Inner Peace.

Angel Dimitrov

Stress Relief Guide

Introduction:

Stress is more than just a factor of feeling overwhelmed. Being heavier on the inside may be a complex reaction that saps your energy resources, disrupts your tranquility, and even affects your well-being. Above all, learning to manage stress can help you regain or take control of your life and health-which is what this guide will let you know. The Holistical Method offers simple, practical tools to help you manage stress and reconnect with your inner peace. In this guide, you'll learn five transformative steps that integrate science, mindfulness, and energy healing to take control of stress and reclaim a sense of calm and balance.

Step 1: Create Your Healing Zone



Stress often pulls us away from feeling grounded. Creating a "safe zone" provides a space for your energy to reset and begin healing.

- **How to Begin:**

- a. Please close your eyes, take a big breath through your nose, and let it all out through your mouth.
- b. Visualize a white line stretching from the Earth to the cosmos and back to you. Say out loud, "I am neutral."
- c. Picture a peaceful spot above the horizon where you feel safe and calm. Allow yourself to breathe deeply and relax into this vision.

Why It Works: This practice aligns your energy with the universe, neutralizing tension and bringing clarity. It also trains your mind to shift from stress to calm more quickly.

Step 2: EFT Tapping for Instant Stress Relief



Emotional Freedom Techniques (EFT), or tapping, is a powerful tool that combines physical touch with emotional acknowledgment to relieve stress quickly.

- **How to Begin:**

- a. Tap gently on the karate chop point on one hand while repeating: "I accept myself, even though I feel overwhelmed by stress right now."
- b. Switch hands and say: "I accept myself, and I'm releasing this stress now."
- c. Continue tapping on critical points (eyebrow, side of eye, under eye, collarbone) while affirming your stress release.

Why It Works: Tapping helps regulate the nervous system by calming the fight-or-flight response. It also allows your body to release pent-up tension.

Step 3: Breathwork for Grounding



Breathwork is one of the simplest and most effective ways to calm the mind and center your energy. When done intentionally, it helps ground you in the present moment and reduces stress.

- **How to Begin:**

- a. Sit or lie down in a comfortable position. Place one hand on your chest and the other on your stomach.
- b. Breathe slowly through your nose to the count of four, noticing how the belly rises.
- c. Please take a deep breath, count to four, and let it out.
- d. Take a deep breath, then gently breathe through your mouth while counting to six. Do this 5 to 10 times.

Why It Works: Taking deep breaths helps calm and relax your body. It sends a message to your system that it's okay to unwind and let go of stress. It's a quick and accessible tool for managing stress anytime, anywhere.



Step 4: Reconnect with Your True Self

Stress may alienate you from yourself. Reconnection helps you get realigned to your purpose inside.

How to Begin:

Close your eyes and ask yourself, "**What is it that I need to feel calm, fulfilled, and at peace?**"

Now, imagine the shape or form of stress inside your head. Please look it over with curiosity and without judgment.

Out loud, say, "**You no longer control me.**" Now, imagine the shape is shrinking or moving further away from you.

- a. Replace the stress image with a color or light that makes you feel peaceful. Breathe it into your chest.

Why It Works: This shifts your focus from stress to peace.

Step 5: Let Go of Adrenaline Addiction



Adrenaline addiction is one of the more hidden causes of chronic stress. The pattern must be recognized and replaced with healthier coping mechanisms to overcome it.

How to Begin:

Reflect on your stress patterns: Do you feel "productive," or is chaos a way to feel alive? Write these tendencies down.

Commit to several moments of intentional calm daily: walking, writing, or meditation.

- a. Use affirmations like: "I release my need for stress to feel accomplished. I embrace peace as my natural state."

Why It Works: Awareness of adrenaline addiction is the first step to breaking the cycle. Intentional practices help rewire your brain and body for calm instead of chaos.

Conclusion:

Your life does not have to be ruled by stress. By integrating these five steps into your everyday life, you will be able to break the overpowering cycle and get reconnected to your inner peace. The Holistical Method provides practical, transformational tools to help you find balance in the modern world.

Remember, healing is not linear—be gentle with yourself as you practice these steps. Every moment of calm you create is a victory for your well-being.

Take a Moment to Reflect

The following questions aim to help you deepen your connection with the techniques in this guide. Please reflect on your answers or jot them down in a journal.

Reflection for Step 1: Create Your Safe Zone

- What does your safe zone look and feel like?
- How does being in this space affect your emotions and stress levels?
- Can you visualize this safe zone during moments of stress?

Reflection for Step 2: EFT Tapping for Instant Stress Relief

- How did you feel after tapping on specific points?
- Which emotions or thoughts surfaced during the process?
- Can you identify a situation where this technique could help?

Reflection for Step 3: Breathwork for Grounding

- What changes did you notice in your mind or body after breathwork?
- Did the rhythm of your breathing bring any sense of calm or clarity?
- When can you incorporate this breathwork into your daily routine?

Reflection for Step 4: Reconnect with Your True Self

- What shape, color, or image best represents your stress?
- How did the visualization exercise change your perception of stress?
- What positive feelings or light replaced the stress during the exercise?

Reflection for Step 5: Let Go of Adrenaline Addiction

- Reflect on your stress patterns: What triggers chaos or productivity-seeking behaviors?
- What one calm-focused habit can you start today to replace adrenaline-driven behaviors?
- How will letting go of adrenaline addiction improve your daily life?

Final Reflection

- How will you integrate these five steps into your daily routine?
- What is one immediate action you can take today to reduce stress?
- How will you measure your progress in managing stress?

About the Creator:

Angel Dimitrov, Creator of the Holistical Method



Angel Dimitrov is a holistic health practitioner, mentor, and visionary behind the Holistical Method, a revolutionary approach to self-healing and personal transformation. With his background in integrating science, spirituality, and energy healing, Angel has facilitated many people in going beyond various issues- emotional, physical, and spiritual. His journey started with his transformation, finding peace and clarity after years of struggling with stress and disconnection. Through this process, Angel developed the Holistical Method, which integrates tools like Quantum 5D Healing, mindfulness, meditation, and emotional reprogramming. His mission is to empower people to reconnect with their true selves, reclaim their energy, and live more fulfilling lives.

Let's Stay Connected:

For more resources, inspiration, and guidance, visit my website or connect with me on social media:

Website: <https://holisticalmethod.com/>

Instagram: [@holisticalmetod](https://www.instagram.com/holisticalmetod)