

STRESS

RESET

A SELF-HEALING PRACTICE TO
CALM THE MIND AND RESTORE BALANCE

by ANGEL DIMITROV



Holistical Method

STRESS RESET

A Self-Healing Method to Relieve Stress

By Angel Dimitrov | Holistical Method™

INTRODUCTION

Follow for daily healing tools, energy resets, and conscious awakening.
Stress isn't just about what happens to you - it's about how your body remembers to react.

You can meditate, journal, or take deep breaths, yet still feel like your system is running on overdrive. That's because stress doesn't always live in the mind. It lives in the body, in the nervous system that's forgotten how to rest. The tight shoulders. The shallow breath. The restless scrolling before bed.

These aren't just habits. They're signs.

Signs that your body has been carrying too much for too long.

You don't need more control. You need release.

You don't need to push through. You need to reset.

This is where true regulation begins - not by escaping pressure, but by teaching your body safety again.

This isn't mindset work. It's nervous system restoration.

It's the return to peace you've always had within you.

Let's begin.

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1. Witness the Stress Pattern

Notice how stress moves through you.
Does it start in your thoughts, or in your body first?
Observe without judgment.
You're not trying to fix it yet.
You're learning its language.

Say :

“I see how stress moves through me.
I am not my tension.
I am the awareness behind it.”

2. Feel Where It Lives

Place your hand on your chest or belly.
Notice the spot where the body holds the pressure.
Maybe it's the throat, the jaw, or the heart.
Maybe it feels like static, like your energy is buzzing too fast.
Breathe into that space.

Say :

“I feel you. I'm not here to suppress you.
I'm here to understand you.”
Let your breath meet the tension.
Stay with it until it softens, even slightly.

3. Interrupt the Stress Loop

Start tapping lightly on the center of your chest - your reset point.
With every tap, imagine releasing static electricity from your field.

Say out loud :

“I no longer carry what isn't mine.
I release this stress from my cells, my breath, my thoughts.
I am safe to slow down.”

Visualize the stress energy dissolving, like clouds clearing after rain.
Let it fall away.



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4. Install the Calm

Now that you've created space, invite peace back in.

Ask yourself:

“What would calm feel like in my body?”

Let it come as a word, a color, a sensation.

Say:

“I breathe in [insert your chosen feeling - peace, ease, light].

I install this frequency in every cell.

My body remembers how to rest.”

See the light of calm spreading through you.

Your heart slows. Your breath deepens.

Your field clears.

5. Seal It with Stillness

Place both hands over your heart.

Close your eyes.

Say softly :

“My body is safe now.

My mind is clear.

I am no longer in survival - I am in restoration.”

Sit in silence for a moment.

Let this become your new baseline.

Final Reflection

You weren't weak for feeling overwhelmed.

You were human. Your system was just tired of carrying the weight alone.

But now you've created space.

You've reminded your body how to breathe again.

You've returned home to yourself.

Want to go deeper?

Comment or DM "**STRESS**" and I'll guide you to your next step.

The pressure has lifted. Now reset completely.

This guide gave you the first calm. The Extended Edition gives you the full system, deeper nervous system deactivation sequences, somatic stress-clearing protocols, and a guided meditation to return your body to baseline and keep it there.

Calm isn't the absence of stress. It's a state you rebuild from the inside.

GET THE EXTENDED EDITION — 9,99 €

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