



FOZY

FREE PREVIEW

# Stress Relief & Daily Grounding

Tier 1 · Foundation Program · €190 (one-time)

## What's Inside — Preview

Stress Relief & Daily Grounding gives you a practical, repeatable toolkit to move from chronic stress back to a baseline of calm and control — in small daily steps, no special beliefs or hours of practice required.

### What you will be able to do

- Recognise the earliest physical signals of stress before they escalate
- Interrupt a stress spiral in under 90 seconds using grounding techniques
- Use three evidence-based breathing patterns for different situations
- Follow a short daily routine that lowers your baseline stress over time
- Deploy an Emergency Calm Protocol during acute panic or overwhelm

### The 5 modules

1. **Understanding Your Stress Response** — the three nervous-system states and how to read your own early-warning signals.
2. **Grounding in Under 90 Seconds** — fast techniques to interrupt a spiral anywhere.
3. **Three Breathing Patterns** — the right breath for calming, focus, and sleep.
4. **Your Daily Grounding Routine** — a short repeatable practice that lowers your baseline.
5. **The Emergency Calm Protocol** — a step-by-step plan for acute overwhelm.

### Try it now — a 30-second sample

**The 4–6 Breath.** Breathe in gently through your nose for a count of **4**. Breathe out slowly through your mouth for a count of **6**. The longer exhale is the fastest available brake on your stress response. Repeat six times and notice your shoulders drop.

This is a short preview. The full program includes all five modules, printable worksheets, a 21-day Stress Tracker, and the complete Emergency Calm Protocol.

**Ready to start?** The complete Stress Relief & Daily Grounding program is available now for €190 at [fozy-digital.com](https://fozy-digital.com). One-time payment, lifetime access.