



Stop Bottling It Up Your Emotions

POCKET GUIDE

**STOP EMOTIONAL BUILDUP
BEFORE IT EXPLODES USING
SIMPLE EXERCISES YOU CAN DO
ANYWHERE IN UNDER 2 MIN.**

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The Truth About Bottling Emotions

- Suppressing emotions doesn't remove them: it stores them
- Stored emotions = sudden outbursts, anxiety, or numbness
- The goal is not "express everything loudly" → **it's safe release in small doses**

Quick Self-Check

- 1 Calm / Neutral ;
- 2 Slight tension
- 3 Irritated;
- 4 About to snap
- 5 Shutdown or explosion



**IF YOU'RE AT 3+,
YOU NEED A
MICRO-RELEASE
(NOT MORE
CONTROL).**

THE 5 “ANYWHERE” RELEASE EXERCISES

Exercise 1:

Name It (30 sec)

Silently say:

“I feel ___ because ___.”

☞ This moves emotion from body → brain
(reduces intensity fast).

Exercise 2:

The Micro Shake (45 sec)

Slightly shake your hands or legs (subtle);
this releases built-up tension physically

☞ Looks like normal fidgeting, but it
actually works like a reset

Exercise 3:

The Silent Sigh Reset

(1 minute)

- Inhale through nose
 - Exhale slowly through mouth (longer than inhale)
 - Repeat 5 times
- ☞ Signals safety to your nervous system

Exercise 4:

The Pressure Release

Grip (1 minute)

- Press thumb and fingers together firmly
 - Hold → release → repeat
- ☞ Converts emotional tension into physical release

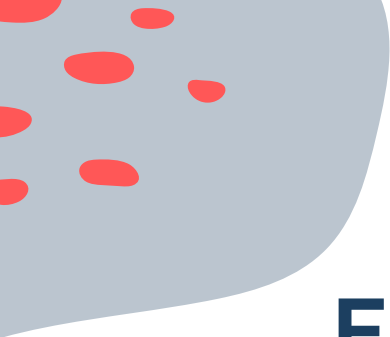
Exercise 5:

The “One-Line Dump”

(1 minute)

- Open notes → write:
 - “Right now, I feel...”
- 👉 No overthinking. No grammar. Just dump.





The 2-Minute Emotional Hygiene Routine

- Use daily (prevent buildup):
- Check your level (scale)
- Do 1 exercise
- Name the emotion
- 🖐️ Total time: under 2 minutes

TIME-TO-VALUE:

🕒 LESS THAN 2 MINUTES FOR EACH EXERCISE

📍 DESIGNED ANY SETTING YOU ARE IN
(DESK-FRIENDLY, MEETING-FRIENDLY)

Use BEFORE:

- You shut down
- You overreact
- You avoid conversations
- You feel “nothing”

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Nehme Moussa

Thank You!

Do you keep overreacting... then sitting there later thinking: "Why did I do that again?"

**That's not because you're "too emotional."
It's because you've been holding too much in for too long.**

You don't need more control. You need a way to release emotions before they take over.

If this feels like you, I can help you break this cycle.

**Book your free 15 min call to
learn more**

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