SHAKE IT OUT:

A Nervous System Reset for Stress and Burnout

Stress builds quickly — and many health professionals stay stuck in overdrive. Without effective tools, the cycle of tension, fatigue, and emotional strain continues unchecked.

In this empowering session, master educator Kathleen Keller introduces TRE® - Tension & Trauma Release Exercise. This science-backed method activates your body's natural "tremor reflex" to shake off deep stress - literally. Forget suppression. Shaking is your built-in recovery system. TRE® calms the body, resets the stress response, and helps you rebound faster.

Participants will explore how chronic stress embeds itself in the central nervous system, muscles, and myofascia. Learn how TRE® can safely and gently help release it. In longer sessions, participants will be guided through the practice itself, with time for reflection and nervous system integration.

TRE® requires no equipment, takes just minutes, and can be done anytime - between patients, after a long day, or when stress hits unexpectedly. This is self-regulation for real life: grounded, practical, and designed for professionals who seek recovery without complication.

Learning Objectives:

- Realize the physiological impact of chronic stress on the nervous system, muscles, and connective tissue
- Identify the role of the **Polyvagal Nerve** System in stress regulation — and how TRE® supports nervous system recovery
- Explore the core principles and benefits of the TRE® method
- Observe the body's response during TRE® and see how it positively shifts the nervous system from fight or flight to rest and digest
- Recognize how even brief weekly TRE® practice can promote calm, clarity, and resilience
- Release long-held muscular tension and contracted myofascial patterns to restore ease, balance, and fluidity in daily life

SUGGESTED AUDIENCE:
All Professionals

SUGGESTED FORMAT:
Lecture, Workshop, Keynote; Partial Day

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