

STRESSMANAGEMENT FROM PROFESSIONAL SPORTS

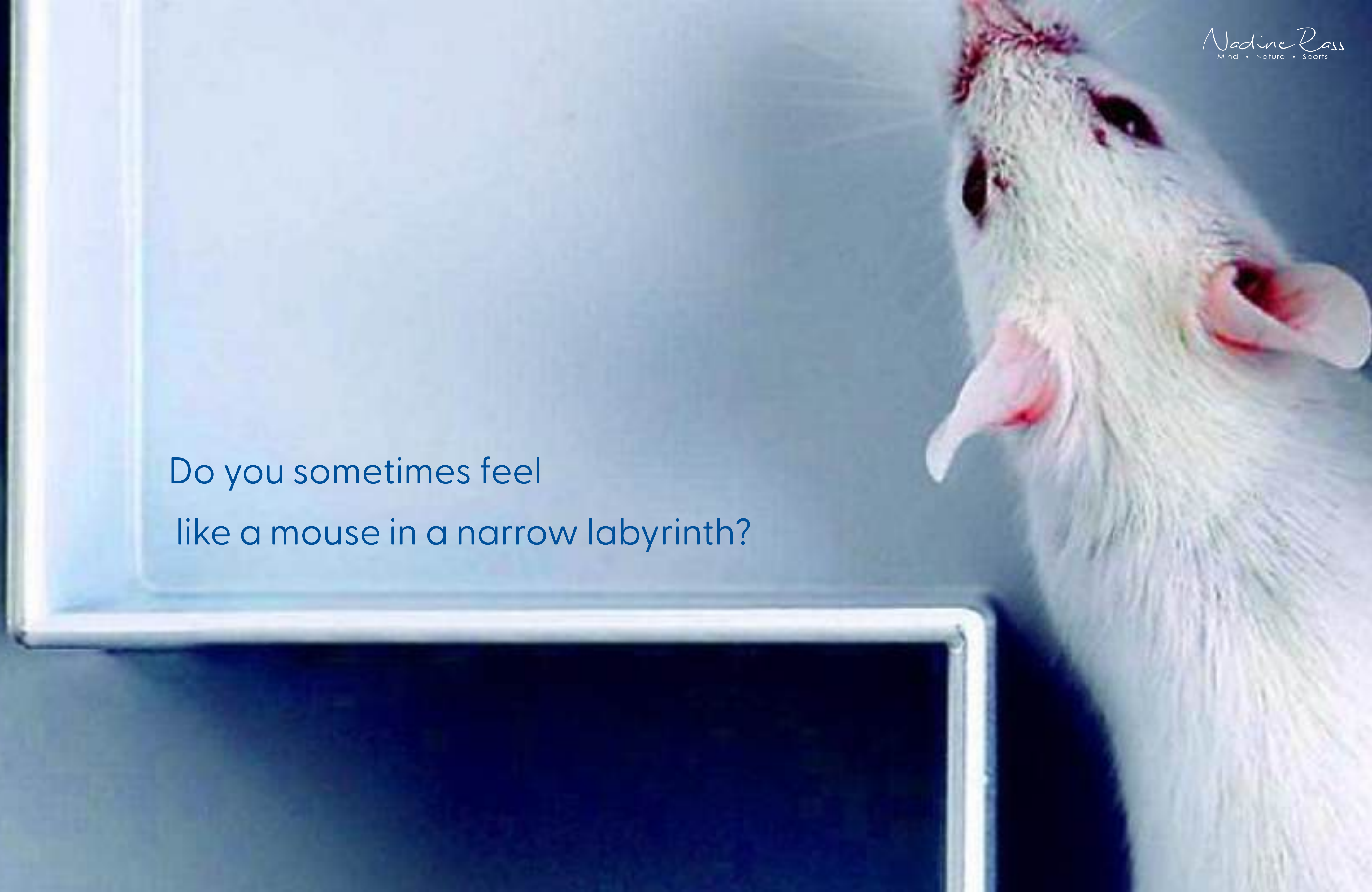
RESPIRE.

13# HOW TO UNLEASH YOUR PERFORMANCE

www.nadinerass.com

#1 BUSINESS IS ATHLETIC

Do you sometimes feel
like a mouse in a narrow labyrinth?



#2 HAVE A **DO NOW** MINDSET

#3 CLEAR UP **YOUR** HEALTH FOCUS

#4 REALIZE YOUR SYMPTOMS



„Only MOTIVATION is not enough for RESULTS – it’s important what YOU DO“

Nadine Rass, World Tour Golfprofessional, Master Resilience Trainer

#5 INTEGRATE RESSOURCES

6 USE YOUR **BODY** FOR OUTLET

RESPIRE.

#7 ENJOY SILENCE IN NATURE



8 SMART **RILE** MOVES

9 JUST DO IT.

A male tennis player, likely Rafael Nadal, is captured in a moment of intense celebration. He is wearing a red athletic shirt and a dark blue cap. His arms are raised high, and his mouth is wide open in a shout or yell. The background is a blurred crowd of spectators, suggesting a professional tennis match setting.

#10 REFLECT YOUR MOMENT OF EXCELLENCE



#11 BE AWARE OF STRESSORS



#12 KEEP YOUR MONKEYS ON YOUR **OWN** TREE

#13 ACTIVATE NERVUS VAGUS

ICE COLD

RESPIRE.

NOSE WORK



RESPIRE.

TONGE WORK

RESPIRE ACADEMY

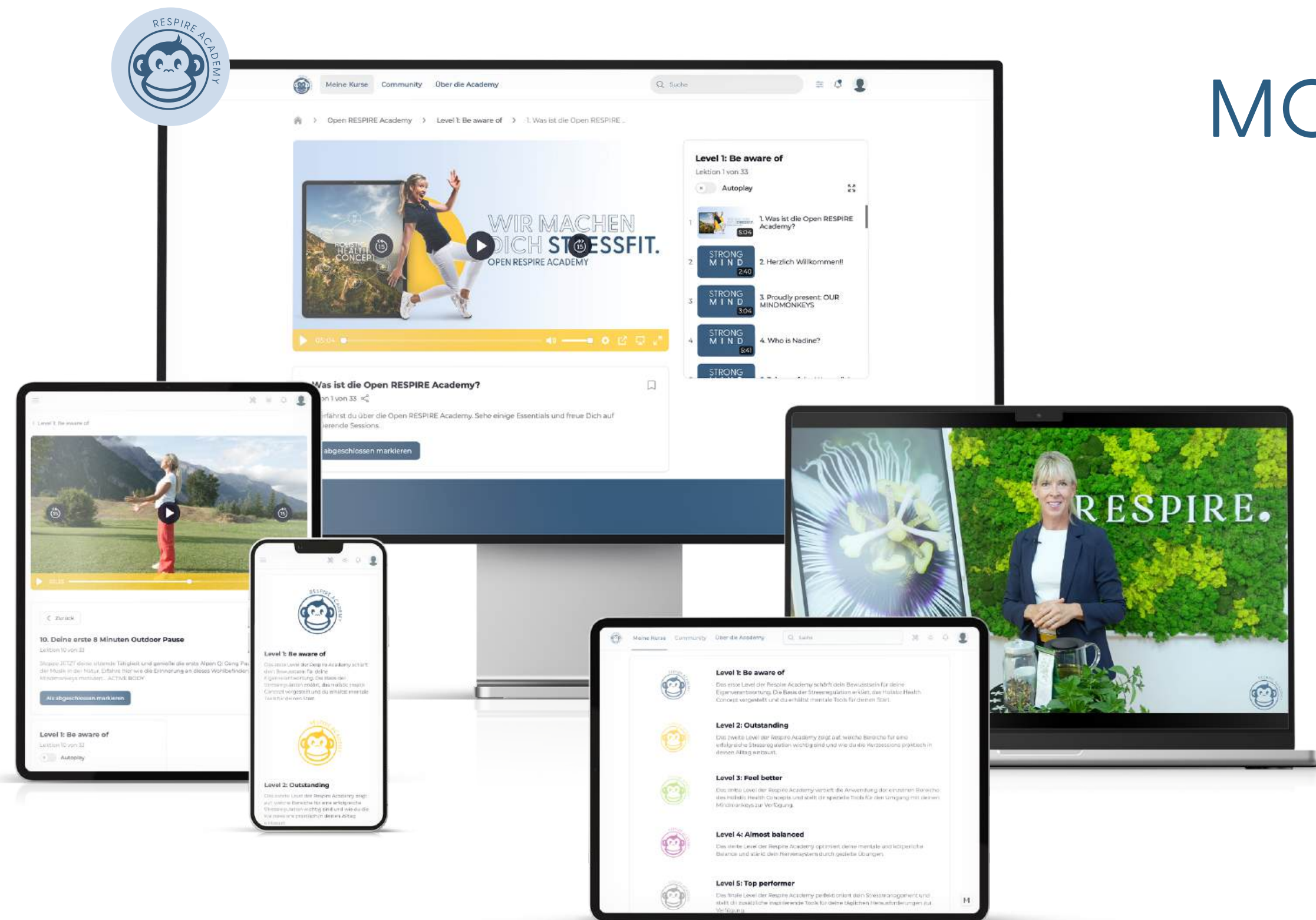
Your digital Mental Health Program

MORE TOOLS FOR STRESSMANAGEMENT
VISIT OUR NEXT FREE WEBINAR

29.04.2025 19:00 CET

www.nadinerass.com

RESPIRE – WIR MACHEN DICH STRESSFIT





RESPIRE BOOK

Your Mental Health STORIES
with Nadine Rass

AB 20. NOVEMBER 2025

JETZT VORBESTELLEN BEI AMAZON & THALIA

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