A GENTLE GUIDE TO COMING BACK TO YOURSELF

RECLAIM YOUR *Energy*

Seven rituals. Clearer boundaries. A quieter connection to yourself.



Emilie

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▲ A NOTE FROM EMILIE

YOU ARE ALLOWED TO COME BACK TO *yourself*

There is a particular kind of tiredness that comes from being available to everyone except yourself.

You may be capable, caring and good at holding everything together. Yet somewhere along the way, it can become difficult to hear your own needs. You keep going. You say yes. You carry what is expected of you. And your inner space grows smaller.

I wrote this guide as an invitation to pause. The word energy here includes what you feel in your body, where your attention goes, the emotions you carry, and the space you give yourself in relationships. If energetic imagery speaks to you, use it. If it does not, the practices can still be meaningful.

There is no perfect way to practise. Choose what feels supportive, leave the rest, and make room for what is true for you today.

With warmth,

Emilie

▲ YOUR WAY THROUGH THIS GUIDE

A PRACTICE, NOT ANOTHER *task*

You do not need to read this ebook in one sitting. Use it as a quiet companion you can return to.

- **Notice** · Understand what leaves you feeling depleted, and where your energy goes.
- **Return** · Explore seven short practices for grounding, release, boundaries and rest.
- **Choose** · Turn awareness into small decisions that honour your needs.
- **Integrate** · Follow a seven-day pathway and observe what shifts without forcing results.

01 UNDERSTAND 04
What energy means here, where yours is going, the weight of holding it all

02 THE SEVEN *rituals* 08
Short practices for grounding, release, boundaries and rest

03 BRING IT INTO YOUR *life* 17
Real moments, a daily rhythm, seven days, words for your boundaries

MEET EMILIE 24

> *A note on self-care: these reflections are for personal wellbeing and spiritual practice. They are not a diagnosis, therapy or medical treatment. If you feel overwhelmed, pause and reach out for appropriate support.*

01

PART ONE

UNDERSTAND

WHAT DO WE MEAN BY *"energy"*?

Sometimes “I have no energy” means you need rest. Sometimes it means you have spent the day managing other people’s expectations. Sometimes it is emotional heaviness, a restless mind, or a sense that you are no longer with yourself.

In this guide, energy is a useful way to notice your inner resources and where they are going. The visualisations can also be explored as spiritual or symbolic practices; you do not need to believe in a measurable “energy field” to use them.

FOUR DOORS TO SELF-AWARENESS

- **Body** · What sensations tell me I need to pause?
- **Mind** · What has been taking up most of my attention?
- **Emotions** · Which feelings have I made space for?
- **Relationships** · Where am I overextending myself?

> The first step is not to fix anything. It is to notice what is already asking for your attention.

WHERE IS YOUR ENERGY *going?*

A SHORT CHECK-IN BEFORE YOU BEGIN

▲ JOURNAL

RIGHT NOW, I NOTICE...

My body · I feel most at ease when...

My thoughts · I keep returning to...

My relationships · I lose myself a little when...

My needs · I have been postponing...

> *If one answer surprises you, stay curious. You are gathering information, not judging yourself.*

THE WEIGHT OF BEING THE ONE WHO HOLDS IT *all*

Overgiving is not always obvious. It often looks like love, responsibility or competence. Until your own needs quietly disappear.

▲ A PATTERN TO RECOGNISE

01
SOMEONE NEEDS ME
I sense the pressure to be available.

02
I SAY YES TOO QUICKLY
I ignore the pause where my own answer lives.

03
I FEEL DRAINED
Resentment, exhaustion or distance can follow.

04
I START AGAIN
Because I have learned that being needed means being valued.

▲ KEY INSIGHT

THE QUESTION THAT CHANGES THINGS

“Am I choosing this freely, or am I afraid of what happens if I don’t?”


You can put it down and still care.

02

PART TWO

THE SEVEN *rituals*

FIND THE PRACTICE YOU NEED *today*

THE SEVEN RITUALS

- **01 · Grounding Breath** · When your thoughts run ahead of you · *3 min*
- **02 · Water as a Reset** · When your day feels emotionally full · *5–10 min*
- **03 · Release the Invisible Pull** · When you cannot stop thinking about someone · *5 min*
- **04 · An Inner Boundary** · When other people's needs fill the room · *4 min*
- **05 · The Honest Check-In** · When you have been ignoring your own answer · *7 min*
- **06 · Nature as a Pause** · When you need to get out of your head · *10 min*
- **07 · Close the Day** · When it is time to set things down · *5 min*

GROUNDING *Breath*

The simplest way to begin is to remember where you are. You do not have to make your thoughts disappear.

A moment for this practice: when your mind is racing and your attention feels scattered.

▲ PRACTICE

GROUNDING BREATH

01 **Find support.** Sit comfortably and notice where your body meets the chair or floor. Feel your feet being held.

02 **Give your breath room.** Breathe at a natural pace. If it feels comfortable, allow the exhale to be a little longer than the inhale.

03 **Come into the room.** Name three things you can see, two things you can hear, and one sensation in your body.

> “I can return to myself, one breath at a time.”

▲ JOURNAL

What happens when I stop trying to solve everything for a moment?

> *Keep your eyes open if that feels better. Never force or hold your breath.*

WATER AS A *Reset*

Let water mark a transition. This is a symbolic practice of release, not a way to remove toxins or emotions from your body.

A moment for this practice: after a full day, a difficult exchange, or when you feel you have taken too much in.

▲ PRACTICE

WATER AS A RESET

01 **Choose a small ritual.** Wash your hands slowly, take a shower, or soak your feet in comfortable water.

02 **Notice what you carry.** As you feel the water, ask: “What from today am I still holding?” Notice without analysing.

03 **Give yourself permission.** Picture the day becoming lighter. Decide what can wait, and what does not need to come home with you.

> “I can let this day end without taking all of it with me.”

▲ JOURNAL

Which moment am I still carrying, and what could help me set it down?

> *No salt or special ingredients are needed. Comfort and safety come first.*

RITUAL 03 · RELEASE WITHOUT REJECTING · 5 MINUTES

THE INVISIBLE *Pull*

You can care deeply about someone without making their feelings or choices your responsibility.

A moment for this practice: when a person, conversation or unfinished situation keeps occupying your mind.

▲ PRACTICE

RELEASE THE INVISIBLE PULL

01 **Name the connection.** Bring to mind the person or situation. Imagine a thread representing the attention it draws from you.

02 **Soften the pull.** Without anger, picture yourself allowing more space between you. Keep the care; loosen the obligation.

03 **Make it practical.** Choose one next action: delay a reply, stop replaying the conversation, or say what you need clearly.

> “I can stay connected without losing myself.”

▲ JOURNAL

Where have I confused love, loyalty or kindness with responsibility?

This visualisation is symbolic. It does not control or change another person.

AN INNER *Boundary*

A boundary is not a wall. It is information about what feels available, honest and sustainable for you.

A moment for this practice: when other people's emotions or expectations feel louder than your own needs.

▲ PRACTICE

AN INNER BOUNDARY

01 **Picture your space.** Imagine a warm circle of light around you. Inside it, your needs have a place alongside everyone else's.

02 **Listen for your answer.** Think of one current request. Notice your first honest response, before you explain or justify it.

03 **Give it words.** Practise: "I need some time to think." Or: "I cannot take that on this week."

"

"My care for others can include care for myself."

▲ JOURNAL

What small boundary would give me more space this week?

> *Visualisations can support reflection. Real boundaries are expressed through choices and conversations.*

THE HONEST *Check-In*

Writing can create a private place where your answer does not need to please anyone.

A moment for this practice: when you have been doing what is expected without knowing what you truly want.

▲ PRACTICE

THE HONEST CHECK-IN

01 **Start with what is true.** Complete: “Right now, I feel…” Let yourself be specific without being polite.

02 **Find the familiar habit.** Write: “I keep saying yes to…” and “I wish I could give myself permission to…”

03 **Name one change.** Finish: “One choice I could make this week is…” Keep it small enough to try.

> “I am allowed to hear my own answer.”

▲ JOURNAL

What truth has been waiting for a little space?

> *If writing feels too much, begin with a single sentence or a few words.*

RITUAL 06 · REST IN SOMETHING REAL · 10 MINUTES

NATURE AS A *Pause*

You do not have to improve yourself during this practice. The purpose is simply to be here.

A moment for this practice: when you are overwhelmed by plans, screens, conversations or mental noise.

▲ PRACTICE

NATURE AS A PAUSE

01 **Change your surroundings.** Step outside, approach a window, or sit near a plant. Choose somewhere comfortable and safe.

02 **Notice one thing at a time.** Observe a colour, a shape, a movement, a sound, and the feeling of air or temperature.

03 **Bring the pause back.** Before returning to your day, ask what you need next: water, rest, a conversation, or a clearer priority.

"

"I belong to this moment."

▲ JOURNAL

What changes when I let my attention rest instead of pushing ahead?

> *You can practise indoors or seated. Bare feet and direct sunlight are not required.*

RITUAL 07 · LEAVE ROOM FOR REST · 5 MINUTES

CLOSE THE DAY *Gently*

Rest becomes easier to approach when you stop asking this moment to solve the next one.

A moment for this practice: when your body is ready to stop but your mind is still carrying tomorrow.

▲ PRACTICE

CLOSE THE DAY GENTLY

01 **Look back kindly.** Name one thing you gave your attention to today. Let “enough” be a possibility.

02 **Sort what remains.** On paper, write three headings: Done / Not mine / Tomorrow. Place unfinished thoughts where they belong.

03 **Close with care.** Put the paper aside, soften your shoulders, and take a few natural breaths.

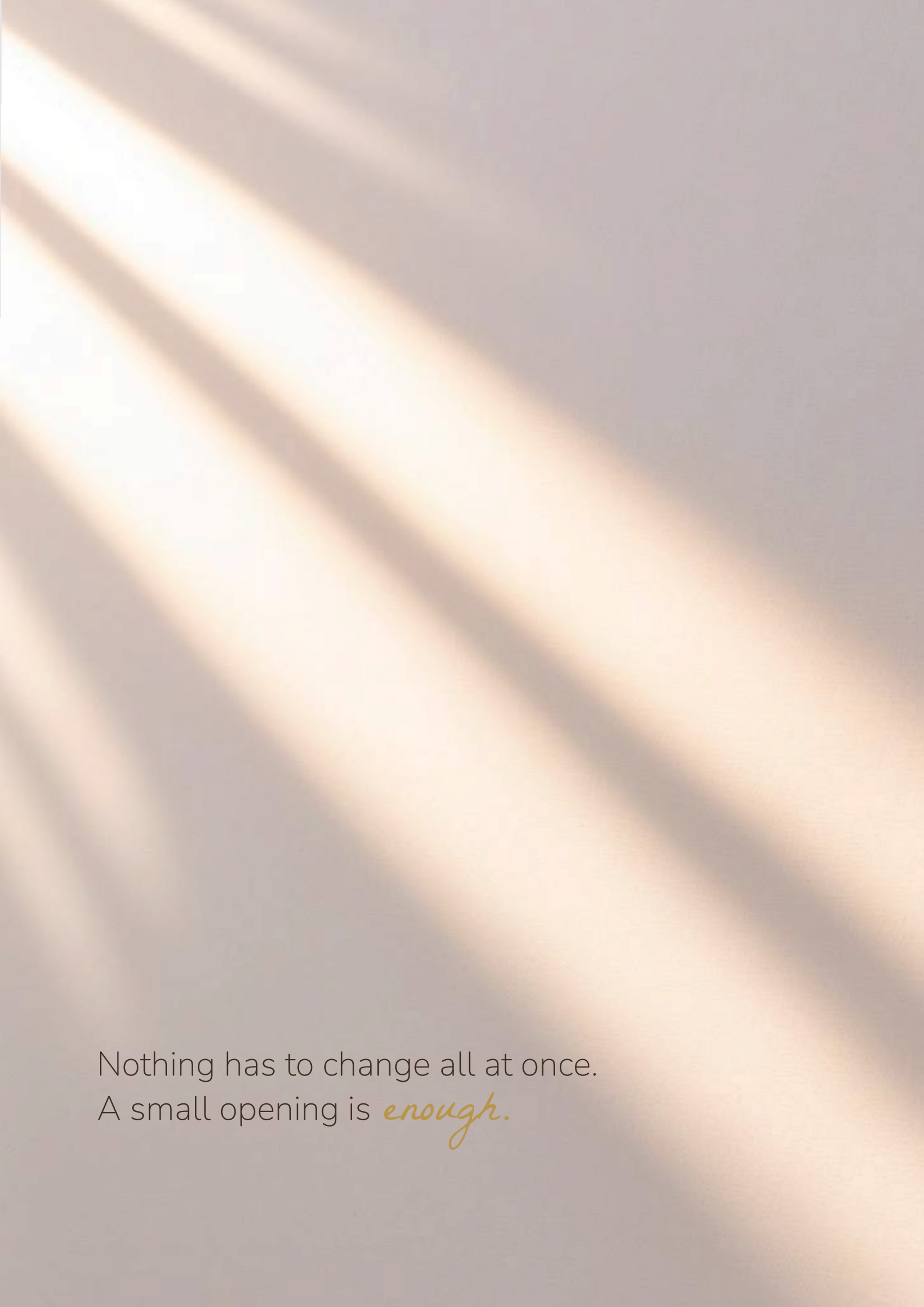
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“For tonight, I have done enough.”

▲ JOURNAL

What am I willing to leave unfinished until tomorrow?

> *This is a reflective wind-down ritual, not a treatment for sleep problems.*


Nothing has to change all at once.
A small opening is enough.

03

PART THREE

BRING IT INTO YOUR *life*

A LITTLE MORE SPACE IN REAL *life*

The real work happens in small, ordinary moments. A ritual can help you pause; your next choice gives that pause meaning.

AFTER A DIFFICULT CONVERSATION

You keep replaying what was said.

Try: Ritual 03, then ask: “Is there anything for me to do, or am I carrying a feeling that needs time?”

BEFORE SAYING YES

Someone needs your help, and your answer comes too quickly.

Try: Ritual 04, then say: “Let me check what I can realistically take on.”

AT THE END OF A DEMANDING DAY

You are still mentally at work when you get home.

Try: Ritual 02 or 07, then decide what can genuinely wait until tomorrow.

THREE MOMENTS TO COME *home*

You do not need a new routine that takes an hour. You need moments you can actually keep.

▲ MORNING · 3 MIN

BEFORE THE DAY BEGINS

Place both feet on the floor. Ask yourself what matters today, before the messages and demands arrive.

"How do I want to feel while I move through today?"

▲ MIDDAY · 2 MIN

BEFORE YOUR NEXT YES

Unclench your jaw. Notice your breath. Let yourself check what is available before promising more.

"Do I genuinely have space for this?"

▲ EVENING · 5 MIN

BEFORE YOU CLOSE THE DAY

Choose the water ritual or end-of-day reflection. Allow unfinished things to wait.

"What can I put down for tonight?"

ONE WEEK OF CHOOSING *yourself*

Try one practice each day. Check the box when you have given yourself a moment. The purpose is not a perfect streak; it is a different relationship with your own needs.

▲ YOUR SEVEN-DAY INTEGRATION

- ☐ **Day 01 · Ground** · Notice where you are in your body.
- ☐ **Day 02 · Water** · Let one difficult moment become complete.
- ☐ **Day 03 · Release** · Name one thing that is not yours to hold.
- ☐ **Day 04 · Boundary** · Practise one honest pause before agreeing.
- ☐ **Day 05 · Reflect** · Write a sentence that feels true.
- ☐ **Day 06 · Nature** · Let yourself spend ten minutes without producing.
- ☐ **Day 07 · Close** · Put down the day and look back kindly.

At the end of the week, return to page 5. What do you notice now that you did not notice before?

WHAT IS CHANGING IN *me?*

Write freely. A few honest words are enough.

▲ JOURNAL

I am beginning to notice · What situations leave me feeling less like myself?

What I want to stop carrying · Which responsibility, thought or expectation needs a new boundary?

What feels nourishing · What gives me a sense of space, joy or steadiness?

My next kind choice · What is one small thing I can do differently this week?

WORDS YOU CAN ACTUALLY *use*

Many of us know when something feels too much. Finding the words can be the harder part. You can be kind and clear at the same time.

▲ MAKE YOUR BOUNDARIES REAL

- **When you need time** · “I would like to think about this and come back to you.”
- **When you cannot give more** · “I want to help, but I do not have the capacity this week.”
- **When the conversation is too much** · “I care about this. I need a pause before we continue.”
- **When you need to prioritise** · “I can do this part, but I cannot take on the whole thing.”

▲ JOURNAL

Try your own version

A SMALL CHOICE CAN CHANGE A *pattern*

An insight matters most when it changes what you allow, ask for, accept or choose. Choose one real-life situation and complete this page.

▲ JOURNAL

01 · The old pattern · When this happens, I usually...

02 · The true need · What I would actually need is...

03 · The next step · The next kind, realistic action I will take is...

YOU ARE ALLOWED TO GO *gently*

Practices sometimes bring up feelings you did not expect. That does not mean something has gone wrong, or that you need to push through.

▲ TAKING CARE OF YOURSELF

01
PAUSE
Open your eyes, look around, and return to what is happening in the room.

02
CHOOSE SAFETY
Drink water if you are thirsty, change position, step outside, or stop the exercise.

03
REACH OUT
If feelings become difficult to manage or remain intense, consider support from a qualified mental health professional.

04
LET ENOUGH BE ENOUGH
Your pace is the right pace to begin with. No ritual needs to be completed.

> *A note about energy work: these rituals offer time for reflection and may support wellbeing. They are not a substitute for medical care or mental-health treatment.*



▲ MEET EMILIE

in her words

I'm Emilie Chanon. I work where energy, intuition and grounded coaching meet, to help you recognise your patterns and change what keeps repeating.

Twelve years between international wellness leadership and deep transformational work. Today: private sessions, group activations and Reiki trainings, in France, Vietnam and online.



▲ START HERE

WE BEGIN *there*

If you feel ready, or still have a question, here is where to start:

- **1:1 Private Session:** online, in person or at a distance.
- **Start Here – Free Connection Call:** 15 minutes to find the right session for you.

START HERE · FREE CONNECTION CALL

1:1 PRIVATE SESSION

Questions? Contact me: emilie@emiliechanon.com

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