

# Unlocking Stress in the Body with Bio-Stress Release



**5 HIDDEN PLACES CLIENTS STORE STRESS  
(THAT TALK THERAPY MISSES)**

**By Susanna Terry LCCH, Dip ST, Dip BSR  
Creator of Bio-Stress Release Training**

# INTRODUCTION

Dear Therapist,

If you've ever had a client make progress in-session... only to come back stuck in the same stress patterns, you're not alone.

Here's the truth:

- Stress isn't just "in the head."
- It gets trapped in the body.
- And unless you know how to help clients release it, they'll keep feeling stressed while also suffering from pains and aches.

This guide is written for therapists and body-based practitioners with self-support tips for their clients.

The Bio-Stress Release course offers different and advanced techniques to release stress from any part of the body.

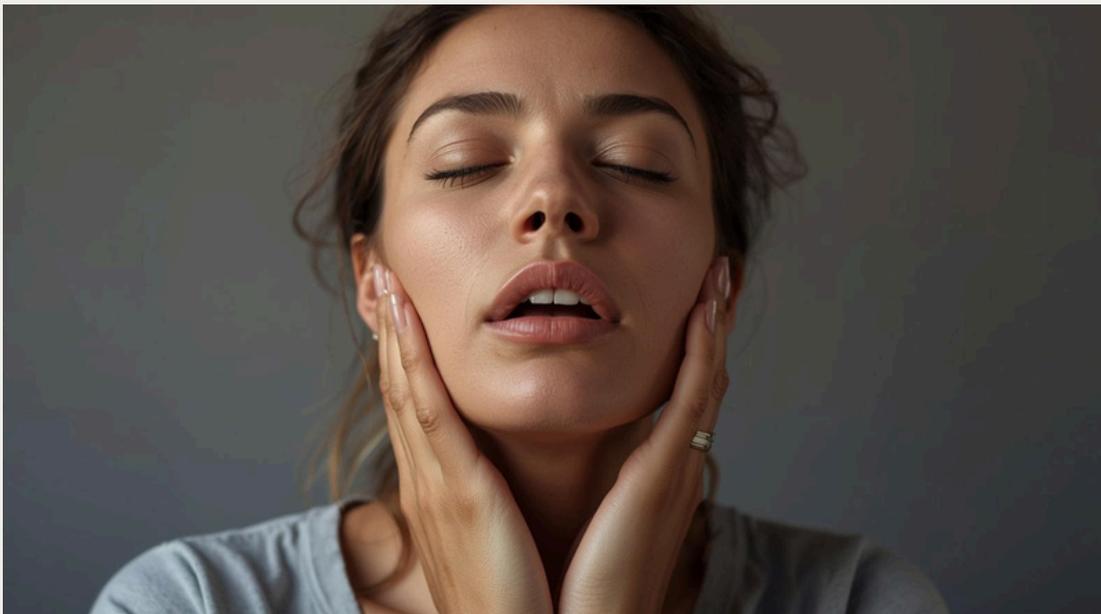
The BSR training is designed for qualified therapists who want to support their clients' release of physical and emotional pain gently and effectively.

# 5 HIDDEN PLACES CLIENTS STORE STRESS (THAT TALK THERAPY MISSES)

This guide gives you 5 places stress hides (that many therapists overlook)

## **Stress Storage #1: The Jaw**

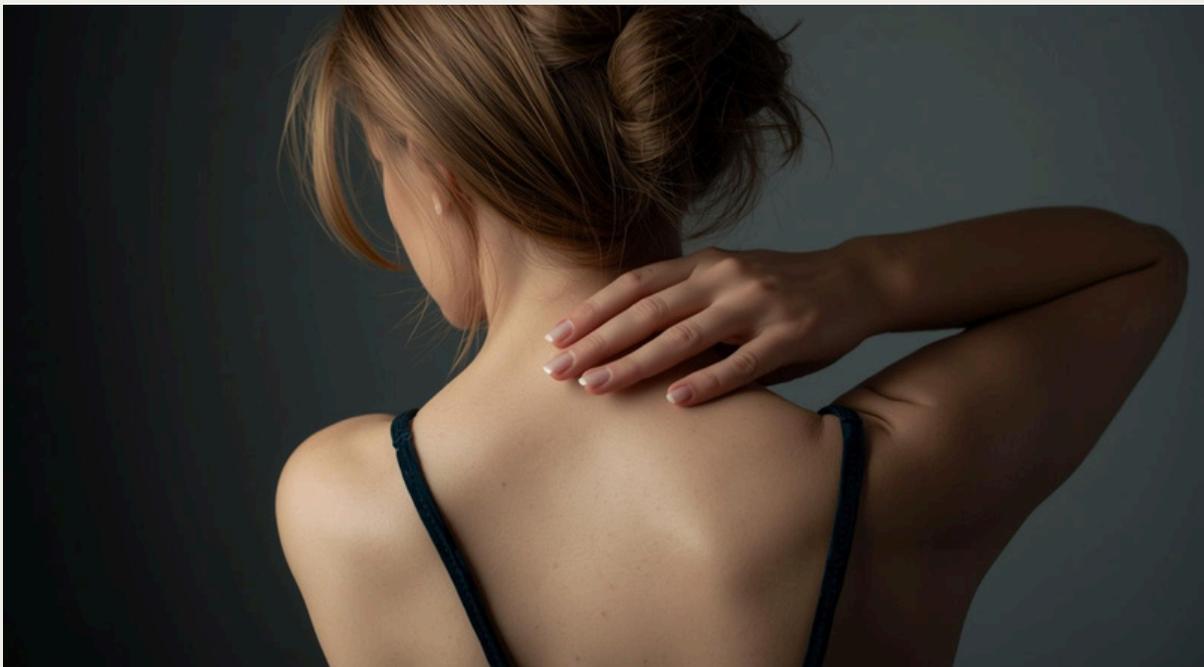
- Clients grind, clench, or wake up sore.
- Stress “locks” here because the jaw is the body’s defense mechanism.
- Release tip: Have clients gently massage the TMJ area + take three slow exhales with mouth slightly open.
- Advanced techniques to release TMJ problems are taught during the Bio-Stress Release course.



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## **Stress Storage #2: Shoulders & Neck**

- “Carrying the weight of the world” isn’t just a phrase —it’s literal.
- Stress here causes migraines, tension headaches, and chronic pain.
- Release tip: Shoulder shrugs up and deep breath → hold for 5 seconds → exhale and bring the shoulders down. Repeat 3x.
- There are 8 positional releases in BSR for shoulder problems



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## Stress Storage #3: The Gut

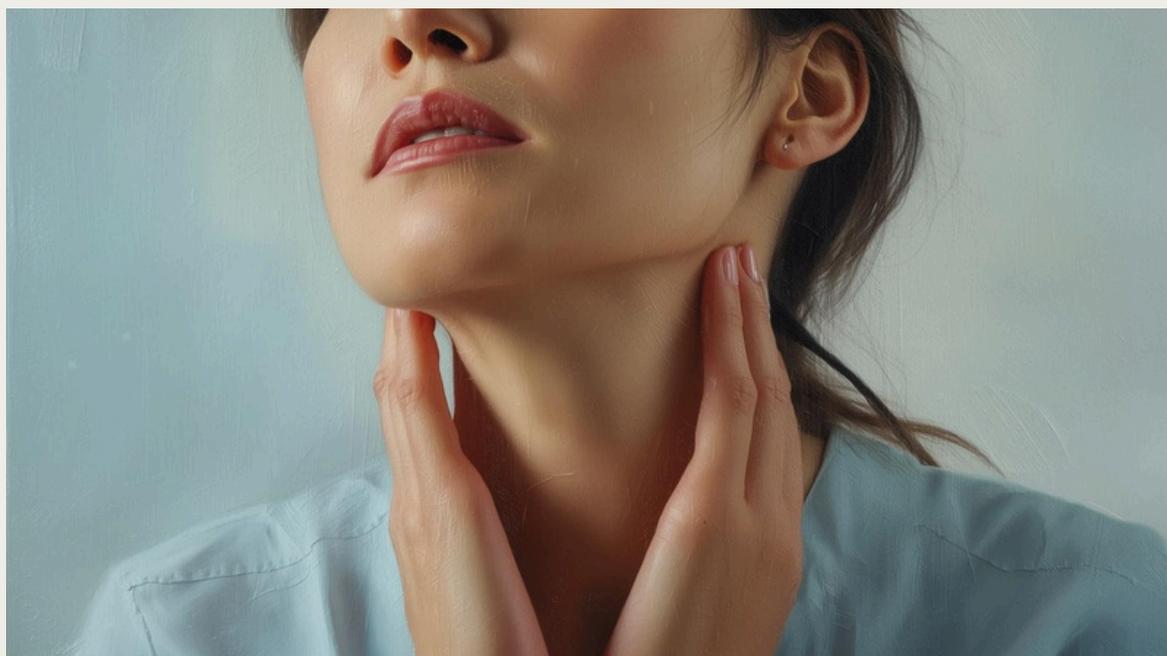
- Clients describe knots, IBS flares, “butterflies.”
- The gut is the second brain—stress activates fight-or-flight here.
- Release tip: Slow belly breathing (hand on stomach) and rub your stomach and tummy clockwise five times.
- Therapeutic releases are taught in the Bio-stress Release course.



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## **Stress Storage #4: The Fascia**

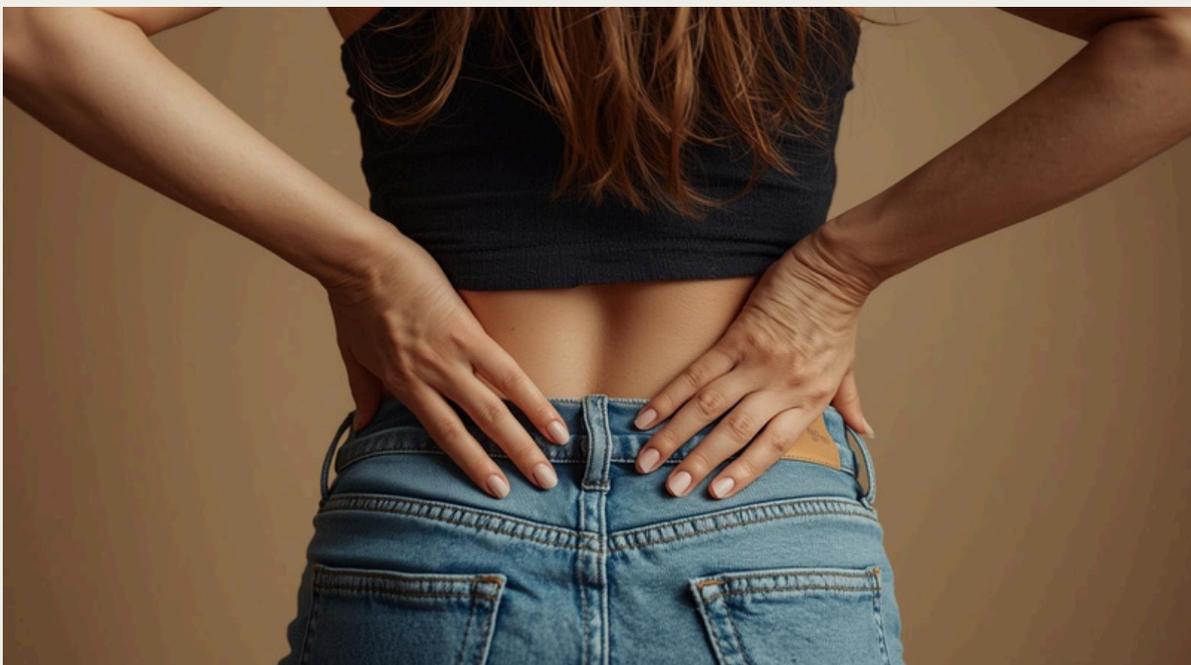
- The body's connective tissue locks trauma in place.
- Clients may feel stiffness or unexplained tightness.
- Release tip: Use small rolling movements with your hands along tight areas.
- Therapeutic releases for every part of the body are available in the BSR course.



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## **Stress Storage #5: The Back (Lower & Upper)**

- Chronic back pain is often stress-driven, not just physical.
- Stored emotional weight shows up here.
- Release tip: Lie down, bend your knees and support them with your hands for 5-10 seconds. Take a few deep breaths while you are staying in that position.
- There are many positional releases for the lumbar area(8) and sacrum taught in the Bio-Stress Release course.

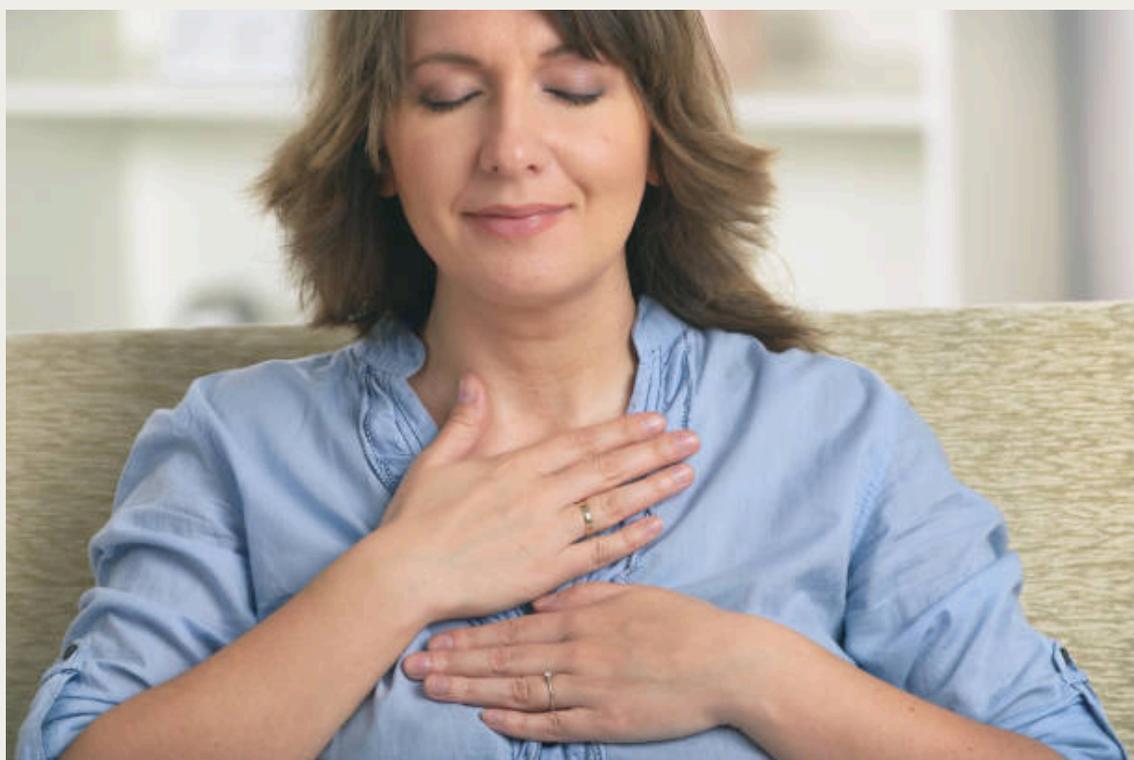


# 5 HIDDEN PLACES CLIENTS STORE STRESS (THAT TALK THERAPY MISSES)

When clients release stress from their body, something shifts:

- ✦ Faster breakthroughs
- ✦ Reduced physical pain
- ✦ Longer-lasting results

You don't have to overhaul your entire practice. Just adding body-based stress release to your toolkit will set you apart as the therapist who gets results where others fail.



# LEARNING BIO-STRESS RELEASE TECHNIQUES

This is what you'll learn in the Bio-Stress Release Course:

- ✓ A step-by-step system to identify and release stored stress in every part of the body.
- ✓ Practical techniques you can implement immediately
- ✓ A proven method to elevate your practice and reduce your own burnout

Throughout the course, practitioners deepen their clinical understanding of how stress is physically and energetically stored and how to release it from the body.



# WHAT BIO-STRESS RELEASE ACTUALLY IS

Bio-Stress Release is not mindset work. It is not positive thinking. This is taking the body to a place where it feels safe again.

Stress, trauma, grief, chronic overwhelm, people-pleasing, burnout, and survival mode do not live in the mind. They live in the nervous system.

Bio-Stress Release helps the body complete stress cycles that were never finished, so the nervous system can shift out of fight, flight, freeze and back into regulation.

Clients may report symbolic memories, imagery, or sensations that feel meaningful to them.

Practitioners are trained to stay grounded while the body leads.

# THE PROBLEM WE'RE ACTUALLY SOLVING

Most people are not broken. They are unbalanced.

Their body learned to:

- Stay alert
- Stay tight
- Stay guarded

And now even when life is calm, their nervous system is not.

This shows up as:

- Chronic anxiety or emotional numbness
- Overthinking that won't shut off
- Tight chest, jaw, hips, or stomach
- Fatigue that rest doesn't fix
- Emotional reactions that feel bigger than the moment
- Feeling stuck, heavy, or disconnected from joy

Bio-Stress Release addresses the root, not the symptom.

# HOW STRESS GETS TRAPPED IN THE BODY

When stress or trauma happens and the body cannot fully respond (cry, move, shake, express, protect), the nervous system stores that energy.

The body does not forget. It adapts.

Over time, this stored stress becomes the baseline state. The body thinks survival mode is normal.

Bio-Stress Release creates a safe, controlled way for the body to let go of what it has been holding without forcing, reliving, or retraumatizing.



# EMOTIONAL RELEASE WITHOUT RE-TRAUMATIZATION

This work is not about telling the whole story again. It is about allowing the body to release what words never could.

During Bio-Stress Release, emotional release may look like:

- Spontaneous deep breaths or sighs
- Small body movements
- Crying or laughing without a story attached
- Muscle softening
- Warmth or tingling
- A sudden sense of calm or relief



# BALANCING

Balancing means:

- The body can return to calm after stress
- Emotions move through instead of getting stuck
- You respond instead of reacting
- Rest actually invigorates
- Safety becomes the default, not the exception

This is how healing works.

## **What Changes When the Nervous System Heals**

Clients often experience:

- Reduced anxiety and overwhelm
- Feeling grounded in their body again
- Clearer thinking and emotional balance
- Improved sleep and energy
- Less emotional reactivity
- A deeper sense of self-trust
- The ability to feel joy, peace, and presence again

Healing does not mean never feeling stress. It means the body knows how to recover.

# Integrating BSR Positional Releases with Chakras/ Energy Centres

## A Gentle Bridge Between the Nervous System and Energy

Within the Bio-Stress Release approach, positional releases are offered as invitations to safety for the nervous system. Each position gently supports the body in letting go of stored physical and emotional stress, allowing release to arise naturally rather than being forced.

When viewed from an energetic perspective, these positions often resonate with specific chakras or energy centres. This integration links physiology and energy. As the nervous system settles and feels supported, the body remembers its own rhythm, and energy is free to move with greater ease and harmony.

This Work Is For You If your clients:

- Are tired of coping and ready to heal
- Feel like their body is always on edge
- They have done mindset work but still feel stuck
- They want nervous system safety, not another strategy
- They are ready to let their body lead the healing

[Click here](#) to learn more and enroll today

# ABOUT SUSANNA TERRY



Susanna Terry LCCH, Dip ST, Dip BSR, Dip Couns. is a holistic health practitioner and a homoeopath. She is also a certified professional coach, counsellor and a holistic Therapies trainer.

She has been teaching health practitioners and wellness professionals for over 25 years training hundreds of therapists in Spinal Touch and Bio-Stress Release.

About Bio-Stress Release Course:  
<https://lighttouch.co.uk/bio-stress-release/>

Visit her website:  
<https://lighttouch.co.uk>