

TRE[®]
TENSION, STRESS & TRAUMA RELEASING EXERCISES
REPORTED BENEFITS



TRE® Reported Benefits

CTRL + ALT + DELETE for your nervous system = TRE®

TRE® assists the body in regulating the nervous system by releasing deeply held stress, physical tension, and emotional strain. This brochure outlines the reported well-being benefits across physical, emotional, relational, and professional domains.

Physical Well-Being Benefits

- Eases deep muscular tension and physical discomfort associated with daily environmental and systemic stress.
- Relieves localized muscular tightness, stiffness, and stress-related discomfort in the neck, shoulders, and back.
- Supports natural structural flexibility, body awareness, and optimal physical relaxation.
- Promotes decreased muscular tension, particularly in the pelvis and core.
- Supports improved body mobility, physical autonomy, and movement comfort.
- Fosters better sleep quality and balanced daily energy levels.
- Assists in the reduction of routine muscle stiffness and back discomfort.
- Enhances body awareness and supports faster physical recovery from exertion and strain

Emotional & Mental Resilience

- Helps ease feelings of everyday worry, fear, emotional overwhelm, and irritability.
- Aids the body's natural decompression process, promoting emotional resilience against daily stress.
- Supports greater emotional adaptability and self-regulation.
- Offers relief from empathetic stress and emotional exhaustion (ideal for caregivers and therapists).
- Encourages improved self-esteem, personal confidence, and autonomy.
- Assists in grounding the nervous system, helping individuals cultivate a sense of deep internal calm and physical safety.
- Enhances the ability to access deep calm and a felt sense of safety in the body.

Relationship & Social Benefits

- Helps you become more present, open, generous, and communicative.
- Fosters less reactivity and calmer conflict resolution in relationships.
- Supports enhanced connection and intimacy in personal relationships.
- Encourages a deeper feeling of relational safety, warmth, and care.
- Enhances social trust, self-expression, and interpersonal confidence.

Professional & Work Benefits

- Promotes increased focus, mental clarity, and decision-making under pressure.
- Helps you remain grounded, calm, and capable in high-stress environments.
- Supports a reduction in workplace stress and emotional burnout.
- Boosts physical endurance, creative thinking, and daily productivity.
- Improves interpersonal communication and reduces workplace friction.

Holistic System Reset

TRE® operates from a bottom-up, somatic perspective—neurologically assisting the body in discharging deep physical tension, daily stress, and stored emotional holding patterns. It serves as a gentle, complementary self-care practice alongside traditional physical, psychological, or wellness approaches.

Global Reach

- Practiced across 60+ countries worldwide.
- Experienced by millions of individuals globally.
- Utilized across community relief initiatives, institutional stress-management programs, and corporate wellness frameworks.
- Highlighted in international stress-resilience literature, including references by the US Defense Centers for Excellence for Psychological Health

Important Disclaimers & Scope of Practice

1. General Well-Being Disclaimer

- **Self-Reported Outcomes:** The benefits outlined in this document reflect reported experiences from individuals practicing TRE®.
- **Individual Variability:** As with any somatic self-care practice, individual results are subjective and will vary from person to person. No specific health, emotional, or physiological outcome is guaranteed.
- **Non-Medical Status:** TRE® is strictly an educational, lifestyle, and somatic self-care wellness tool designed for stress and muscle tension management. It is not recognized as a system of medicine, physical therapy, or clinical treatment by the Ministry of AYUSH or the Ministry of Health and Family Welfare, Government of India.
- **Not a Substitute for Care:** This technique is not intended to diagnose, treat, mitigate, cure, or prevent any medical condition, chronic illness, or psychiatric disorder, nor is it evaluated as a clinical device by medical authorities. It is not a substitute for professional medical advice, clinical diagnosis, or prescribed pharmaceutical regimens.
- **Medical Clearance:** Individuals with a history of complex emotional distress, severe psychiatric conditions, recent surgical procedures, or complex medical issues are strongly advised to consult a licensed healthcare provider before beginning this practice.

2. Inclusivity & Non-Discrimination Policy

Tension & Trauma Releasing Exercises (TRE®) is a non-religious, non-political, and non-sectarian method based on universal human physiology. It is offered solely as a body-based approach to enhance personal well-being and does not promote, endorse, or discriminate based on:

- Religion, caste, or spiritual belief
- Gender, sex, or sexual orientation
- Nationality, ethnicity, or regional origin
- Political views or ideological positions
- Cultural or social identity

TRE® is inclusive and accessible to people of all backgrounds. Participation is entirely voluntary, and facilitators are committed to creating a safe, respectful, and supportive environment for all participants.