

WHEN YOUR BODY FEELS AS FRIED AS YOUR BRAIN

COME DOWN A NOTCH.

Pick one. Try it for five minutes. You are not building a perfect routine here.

BREATHE

Inhale normally. Let the exhale be a little slower and longer. Repeat five times.

LESS INPUT

Put the phone down. No podcast. No TV. No new information for five minutes.

MOVE SOMETHING

Walk around the block. Stretch your back. Shake out your arms. Keep it simple.

CHANGE THE SETTING

Step outside. Sit somewhere different. Turn the lights down. Take a shower.

Need more than five minutes?

That is what the full Nervous System Reset is for.