

High Energy Reset



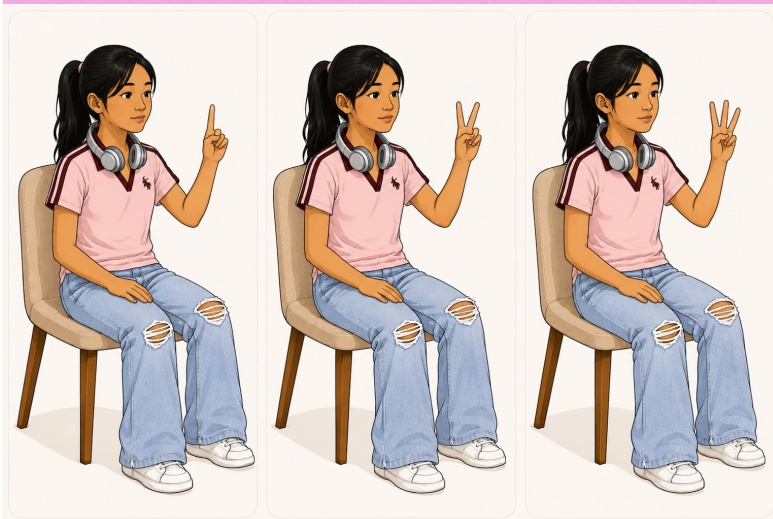
Change Your Movement Speed

Move your hands or arms quickly for a short time, then gradually slow the movement down.



Focus on One Spot

Choose one steady spot in front of you and let your eyes rest there for a short time.



Count, Then Stop

Count forward or backward for a short sequence, then stop.



Tap, Then Pause

Tap your hands or feet in a steady rhythm for a short time, then stop and notice the pause.