

High Energy Reset



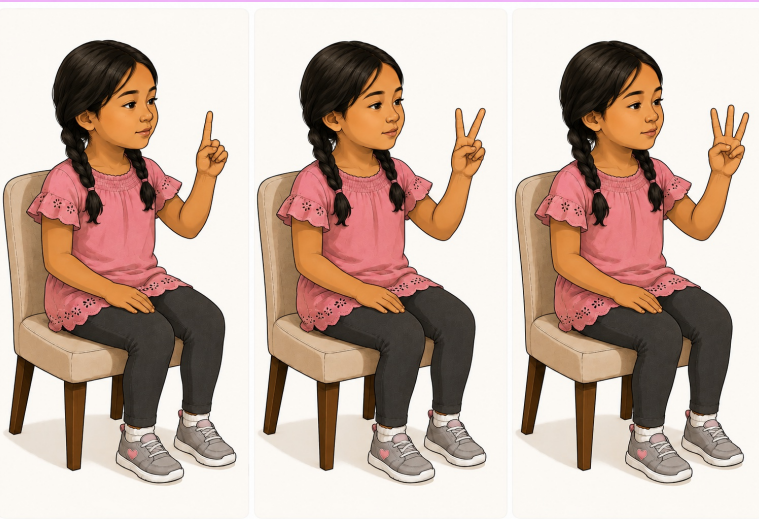
Fast to Slow

Move your hands or arms fast. Now make them slower and slower.



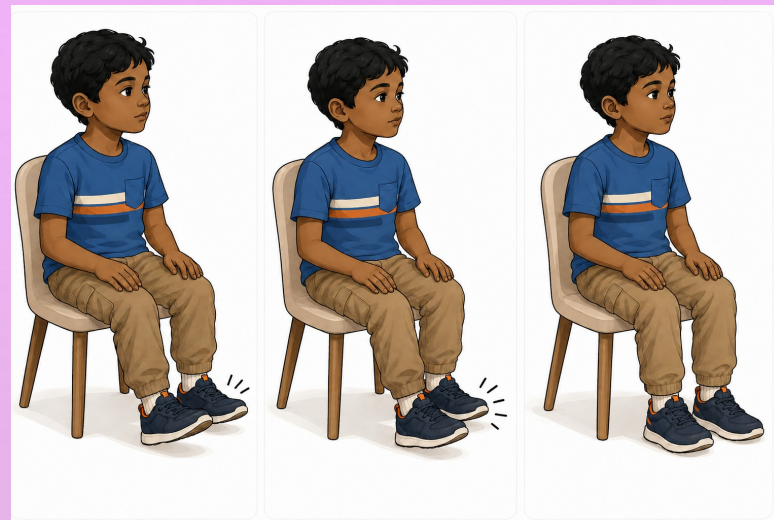
Pick a Spot

Find one spot in front of you. Look at it for a little while.



Count and Stop

Count slowly for a little bit. Then stop.



Tap and Stop

Tap your hands or feet: tap, tap, tap. Then stop for a little bit.