

COOL RESET



Look Outside

Direct your gaze out a window or toward an open space for a short moment.



Take a Fresh Sip

Take a small sip of water or another refreshing beverage and pause.



Light Face Refresh

Gently touch or rinse your face with cool water or a cool cloth if available.



Stand and Stretch the Back

Stand or sit upright and gently stretch your back within a comfortable range.