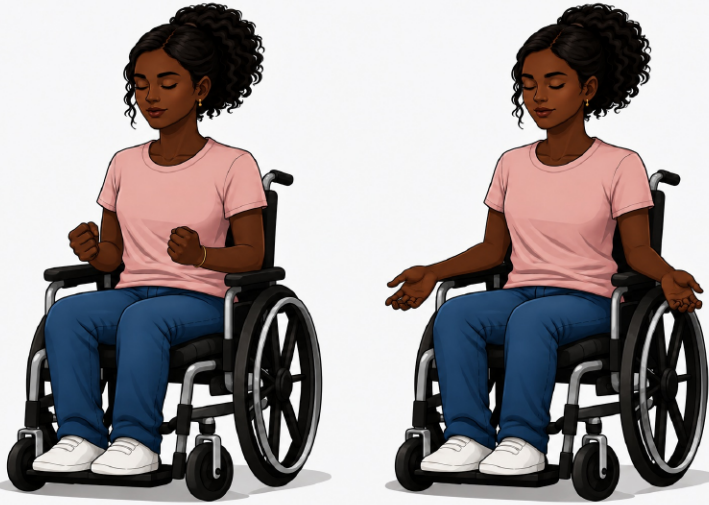


Emotional Reset



Release Muscle Tension

Gently tighten your hands or arms for a moment, then release with a slow exhale.



Change Body Position

Shift your posture slightly - sit back, stand up, or place both feet flat on the floor and notice the change.



Orient to the Present

Slowly look around and notice where you are. Let your eyes land on a few neutral objects without naming or evaluating them.



Shoulder Release

Lift your shoulders slightly, then allow them to drop and settle.