

High Energy Reset



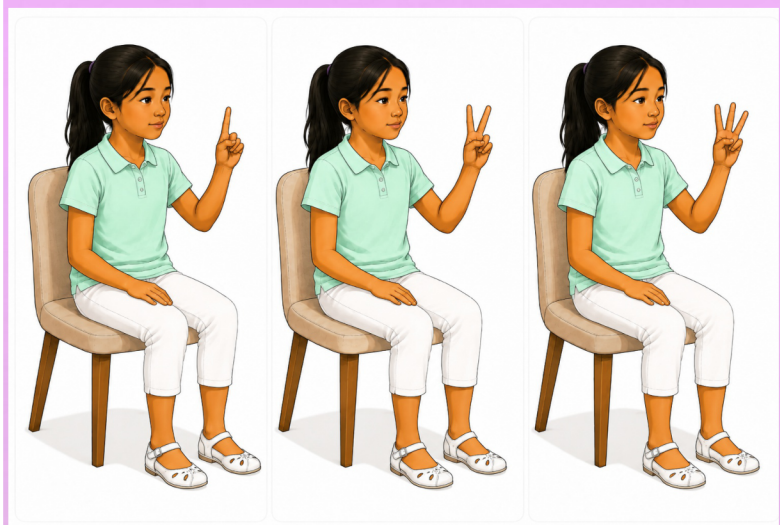
Change Your Movement Speed

Move your hands or arms quickly for a short time, then slowly reduce your speed.



Focus on One Spot

Choose one steady spot in front of you and let your eyes rest there briefly.



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.