

High Energy Reset



Change Your Movement Speed

Move your hands or arms at a comfortable, quicker pace for a few moments, then gradually slow the movement.



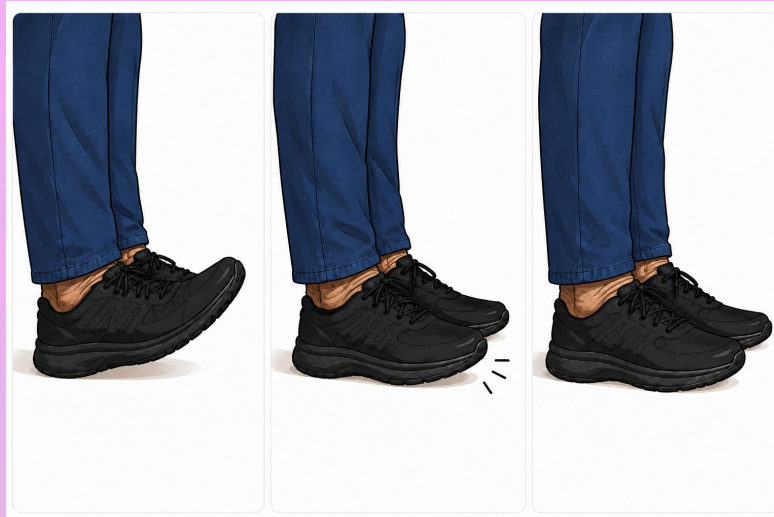
Rest Your Eyes on One Point

Choose one stable object or point in front of you and let your eyes rest there briefly.



Count for a Short Time

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



Steady Tapping with a Pause

Gently tap your hands or feet in a steady rhythm for a short time. Stop and notice the pause before moving again.