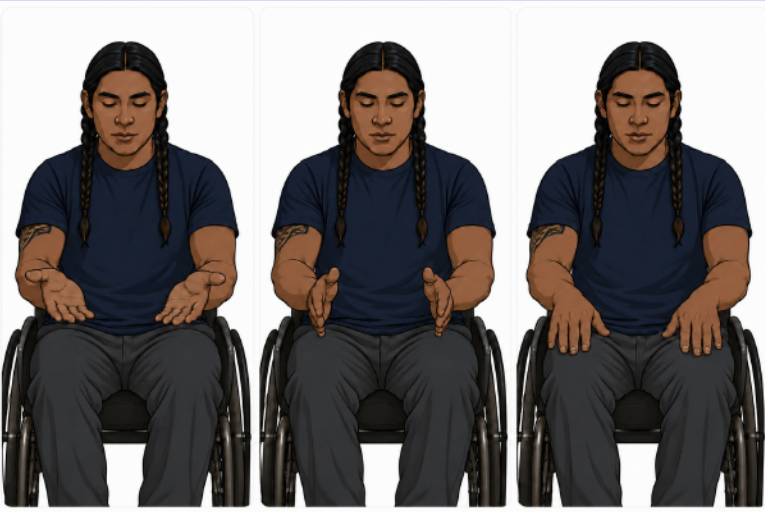


HIGH ENERGY RESET



Change Movement Speed

Move your hands or arms quickly for a brief moment, then slow the movement intentionally.



Fix Visual Attention

Choose one stable point in front of you and let your gaze rest there briefly.



Brief Counting Sequence

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



Rhythmic Tapping with Pause

Tap your hands or feet in a steady rhythm, then pause and notice the stillness.