

“Almost everything will work better if you unplug it for a few minutes... including you.”

Anne Lamott

Our nervous systems were never designed to be always on! Both our mind and body need regular micro-resets. They boost our sense of wellbeing & productivity.

This guide provides three potent micro-reset techniques that don't take a lot of time and can be integrated into any existing daily routine. Give them a go and make your favourite a daily practice or use them all to keep things varied.

Place coloured dots in strategic places (e.g., fridge, computer, phone, car dashboard etc) as visual cues to remind yourself to pause and use one of the micro-resets.

The 3-2-1 reset

For a minute or so focus and really absorb, one by one, three things you can see. Gently shift your focus, again for a minute or so and one by one, to two things you can hear and really tune into it. Then, gently shift your focus to one thing you can smell and really take in the sensations. (repeat if desired)

3 Things I can see

2 Things I can hear

1 Thing I can smell

The STOP reset

S.T.O.P. is a simple, yet very effective micro-reset technique that can be used preventively throughout the day and also anytime you feel stressed or overwhelmed.

S stands for **stop**, which is in itself a powerful word in our modern 24/7 – always on - world. For optimal health, wellbeing and performance we need to hit the stop (or pause) button regularly throughout the day, particularly when things are starting to heap up.

T is for – **take a breath**. Breathe in and breathe out – “low and slow”. Low means, allowing our breath to originate out of the diaphragm (as opposed to in the upper chest) and slow means around 6 breaths per minute (or as slow as is comfortable for you). When we bring our full attention to the breath, even for a just a minute or so, we shift our focus from the busyness of the day and come back to our senses. Within minutes, we can get out of stress response and activate our parasympathetic nervous system (also known as the rest & digest and calm & connect system), which is responsible for activating the relaxation response.

O is for **observe**. Notice what is happening. What is happening inside you, and outside of you? Where has your mind gone? What do you feel? What are you doing? Observe it all without attachment and without judgment – just allow it all to be exactly as it is. This helps to break through our habitual tendency to overthink and overreact.

P is for **proceed**. Continue doing what you were doing with a calmer mind and a recharged body. If you have found the technique useful, consider setting a reminder to repeat it a few more times throughout your day.



The STOP, DROP & FLOP reset

This technique takes advantage of the downregulating effect of low and slow breathing. At regular times during the day and in particular when you feel stress building up, follow these simple steps:

Step 1 – STOP and breathe out gently, allowing your chest to fully relax

Step 2 – DROP your shoulders down

Step 3 – FLOP and allow yourself to relax all over and breathe low and slow for 10 breaths (or longer if you wish)

Low and slow breathing means diaphragmatic breathing through your nose at a slow rate of around 6 breaths / min (or, if this is too slow, a rate slower than what you are used to but still enables you to breath effortlessly, e.g., 10 breaths / min).

[Download the Resonance Frequency Breathing guide](#) for more guidance on low and slow breathing, including how to check whether you are a diaphragmatic breather.

