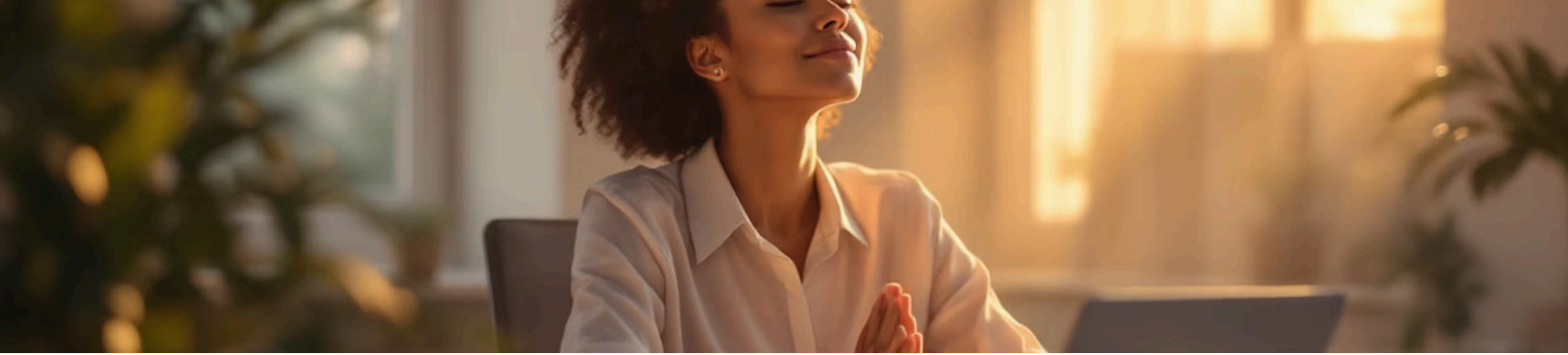




The Body-Brain Reset

When your prefrontal cortex goes offline due to stress, boredom, or overwhelm, you cannot think your way back to focus. You must move your body to unlock your mind. These "bottom-up" strategies shift your nervous system into the optimal zone for work and learning in just 5 minutes.

1

The Problem

Your "thinking brain" shuts down under pressure, making traditional focus techniques ineffective.

2

The Solution

Physical movement sends signals that reboot your brain's alertness and executive function centres.

3

The Time

Each reset takes just 60 seconds to shift your nervous system back to optimal performance.

Village OF Play™



Three Science-Backed Resets

1

Heavy Work Reset

Best for: Feeling scattered, anxious, or unable to sit still.

The Science: Deep pressure and muscle resistance send grounding signals to the brain, lowering cortisol and increasing focus.

60-Second Moves: Wall push-ups (15 reps), chair lifts (10-second hold), or desk press (10-second push).

2

Gear Shifter Reset

Best for: Brain fog, feeling stuck, or struggling to switch tasks.

The Science: Changing head position stimulates the vestibular system, rebooting alertness centers and improving cognitive flexibility.

60-Second Moves: Deep forward fold (20 seconds) or cross-crawl march (alternating elbow to opposite knee).

3

Emergency Brake Reset

Best for: Amygdala hijack—feeling angry, panicked, or completely overwhelmed.

The Science: Vagus nerve stimulation activates the parasympathetic nervous system, signaling safety to your brain.

60-Second Moves: Box breathing (4-4-4-4 count) or cold water shock (splash face or ice pack for 30 seconds).

How to Use This System



Identify Your State

Are you experiencing low energy and brain fog, or high energy with panic and anxiety? Your current state determines which reset will be most effective.



Pick ONE Move

Don't overcomplicate the process. Choose a single movement from the appropriate reset category and commit to doing it fully for 60 seconds.



Apply The Bridge Rule

Immediately after the movement, do one small "Swiss Cheese" task - open the document, write one sentence, or send one email. This bridges your reset into productive action.

- ❏ **Pro Tip:** Keep this system visible at your desk. When you notice focus slipping, use these resets before reaching for caffeine or scrolling social media. Your body holds the key to unlocking your best thinking.

