

Shift 2: Strategic Micro-Recovery

Awareness reveals what needs attention. **Space** provides the opportunity for your nervous system to actually shift states. For high-capacity leaders accustomed to constant momentum, this shift can feel counterintuitive – *even uncomfortable at first!*

Creating space doesn't mean lengthy meditation retreats or hour long practices (though those can be lovely).

It means strategic, **intentional micro-moments woven throughout your day** that **interrupt** the cycle of overstimulation.

Think of these micro-resets like the **mini sound checks** engineers do throughout a 12-hour festival. They don't wait for the speakers to smoke to adjust the levels – they tweak in realtime so the system stays crystal clear until the final track.



Breathwork for Reset

A 90-second breathing practice can shift your nervous system from sympathetic stress & high alert) to parasympathetic (grounded clarity) activation.

This is a physiological 'clear' button for your brain. It **signals safety** to your body so you can return to your work without the mental static.



Grounding Techniques

Feel your feet on the floor. Press them down deliberately. Notice the sensation of contact.

This **simple act** brings you out of your racing mind and into your body, activating your present-moment awareness and calming your stress response.



Gentle Movement

Shake out your hands. Roll your shoulders. Stretch your neck. These micro movements release accumulated tension and remind your nervous system that **you are safe**, not frozen in threat response.

The Breathwork Protocol: Breathe in for 4 counts, hold for 4, exhale for 6. The extended exhale is a **direct signal** of safety to your system.

The Power of the Pause

Between meetings. Before checking your phone. After a difficult conversation. These transition moments are where overwhelm accumulates – or **where regulation can happen.**

By intentionally inserting brief pauses, you prevent the **compound effect of stress from eroding your decision-making capacity.** It also ensures your **output remains high-quality** throughout the day.

As you can see these pauses are for more than relaxation – they are the **direct access keys** to your internal architecture and the **root of all physiological change.** While these pauses provide immediate relief, in my **1:1 coaching** we go deeper into this work to fundamentally regulate and rewire your stress response. When your system naturally returns to its baseline state, **grounded power and capacity** are at the forefront.

Start Here

Choose **one transition** in your day. This is your **strategic reset** – perhaps between work meetings, before entering your home at the end of the day, or before meals. Create a 60-second ritual: breathe, ground, **or** move. Make this a non-negotiable for one week.

From here you can **compound.** My personal non-negotiable is a **90-second breath reset** between tasks.

The benefits of these micro-breaks are cumulative. You are building the **internal safety** required to lead with **grounded authority** throughout your entire day.

SET AN ALARM ON YOUR PHONE TO REMIND YOU!