Intentional Frequency

The Desk Reset

20 Discreet Neuro-Somatic & Energetic Micro-Practices for the Busy Professional

relaxmassageandbodyworks.com ** Intentional Frequency

THE DESK *Reset*

20 Discreet Neuro-Somatic & Energetic Micro-Practices

Welcome to Your Workplace Reset

You don't need a 60 minute yoga class or a quiet retreat to reset your nervous system. Your body carries built in emergency brakes that can shift you from hyper-vigilance to grounded presence in under 60 seconds, right at your desk, during a meeting, or on a difficult call.

REGULATE YOUR NERVOUS SYSTEM

ALIGN YOUR ENERGY CENTERS

RELEASE PHYSICAL BRACING WITHOUT DRAWING ATTENTION

HARDWIRE & *Signal Map*



TO REGULATE YOUR STATE, IT HELPS TO UNDERSTAND THE BRIDGE BETWEEN YOUR PHYSICAL WIRING & YOUR SUBTLE ENERGY BODY

Chakra/Energy Center	Autonomic Nerve Plexus	Physical & Emotional Role
Crown & Third Eye	Brainstem & Cranial Nerves	Cognitive focus, vision, sensory processing
Throat	Pharyngeal & Laryngeal Plexus	Vocal expression, vagal tone, boundaries
Heart	Cardiac & Pulmonary Plexus	Heart rate variability, respiration, emotional space
Solar Plexus	Celiac Plexus	Visceral digestion, personal power, gut intuition
Root & Sacral	Pelvic Plexus	Physical weight, pelvic stability, baseline safety

OCULAR & Cranial Resets

Neuro-Somatics

1. The Lateral Eye Drift (Oculocardiac Reset)

***Mechanics:** Extreme lateral gaze that engages cranial nerves III, IV, & VI.
***System Focus:** Cranial nerves, Cardiac plexus (slows heart rate)
How to Do It: *Keep your head completely still and face your screen. Shift your eyes as far right as possible without straining. Hold for 30 seconds until you feel a sigh, swallow, or deep breath. Repeat on the left.*

2. Suboccipital Wall Press

***Mechanics:** Suboccipital muscle group at the base of the skull.
***System Focus:** Brainstem & Upper Cervical Nerves.
How to Do It: *Lean your head back against a high office chair or a wall. Gently press the base of your skull backward while slightly tucking your chin.*

3. Ear Lobe Traction (Vagal Ear Pull)

***Mechanics:** Auricular branch of the Vagus Nerve on the outer ear.
***System Focus:** Cranial Nerve X - direct sensory stimulation.
How to Do It: *Pinch your earlobes gently with your thumb and forefinger. Pull down and slightly back. Hold for 45 seconds while taking slow, gentle breaths.*

4. Jaw Unclenching & Tongue Drop

***Mechanics:** Temporomandibular Joint (TMJ) & Glossopharyngeal Nerve.
***System Focus:** Trigeminal Nerve (IV), Pharyngeal Plexus.
How to Do It: *Let your lower jaw drop open slightly while keeping your lips sealed. Press the flat of your tongue firmly against the roof of your mouth, then let it drop completely to the floor of your mouth.*

5. Visual Horizon Dialate (Peripheral Unfocus)

***Mechanics:** Optic Nerve & Sympathetic to Parasympathetic Visual Shift.
***System Focus:** Down-regulates Amygdala visual scanning.
How to Do It: *Soften your focus on your computer monitor. Without moving your eyes, expand your peripheral awareness to notice the far left and far right edges of the room.*

TAPPING & Accupressure Points

Somatic & Energetic

6. K27 Collarbone Tap (Kidney 27 Point)

***Mechanics:** Hollows just below the collarbone, ~1 inch out from the center sternum.
*__System Focus:__ Cardiac & Pulmonary Plexus, Heart Chakra.
***How to Do It:** *Tap gently with two fingertips or massage with firm pressure while taking deep breaths.*

7. The Fingertip Nailbed Squeeze

***Mechanics:** Lateral nail beds of thumb, index, middle, and pinky fingers..
*__System Focus:__ Peripheral Nerve Terminals (Median, Ulnar, & Radial Nerves..
***How to Do It:** *Use your opposite hand to pinch the sides of each fingernail bed for 5 seconds per finger. .*

8. Thymus Tap (Tarzan Tap)

***Mechanics:** Center sternum over the thymus gland.
*__System Focus:__ Cardiac Plexus, Heart Chakra (Boosts immune signaling & emotional space.
***How to Do It:** *Tap gently with a loose fist or fingertips in a steady rhythm for 30 seconds.*

9. Eyebrow & Temple Sweep

***Mechanics:** Inner edge of eyebrow (Bladder 2) and outer temple..
*__System Focus:__ Trigeminal Nerve, Third Eye Chakra.
***How to Do It:** *Tap gently the inner edge of eyebrow and outer temple with fingertips in a steady rhythm for 30 seconds.*

10. Under-Eye Grounder (Stomach 2 Point)

***Mechanics:** Cheekbone directly beneath pupil.
*__System Focus:__ Celiac (Solar) Plexus connection.
***How to Do It:** *Press the cheekbone beneath the pupil softly with your index finger for 30 seconds to ease facial bracing and stomach knots.*

BREATHWORK & Phonation

VAGAL TONE

11. Subtle Silent Humming (Vocal Cord Vibration)

***Mechanics:** Laryngeal branch of the Vagus nerve in the throat.
*__System Focus:__ Pharyngeal Plexus, Throat Chakra
***How to Do It:** Take a deep breath in. On the exhale, create a very quiet, low-frequency hum with lips closed. The sound should only be audible to you.*

12. Box Breathing with Pelvic Floor Drop

***Mechanics:** Dlaphragmatic excursion & Sacral Parasympathetic Nerves..
*__System Focus:__ Pelvic Plexus, Root Chakra.
***How to Do It:** Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds while consciously relaxing/dropping your pelvic floor, hold empty for 4 seconds..*

13. Physiological Sign (Double Inhale, Long Exhale)

***Mechanics:** Pulmonary alveoli popping & rapid offloading
*__System Focus:__ Pulmonary Plexus, Rapid cardiac down-regulation.
***How to Do It:** Take two rapid inhales through the nose (one deep, one short top-off), followed by a slow, extended exhale through your mouth. Repeat 3 times.*

14. Straw Breath Exhale

***Mechanics:** Resistance breathing to slow respiratory rate..
*__System Focus:__ Cardiac Plexus.
***How to Do It:** Inhale through the nose for 4 seconds. Purse your lips as if breathing through a straw and exhale smoothly for 8 seconds.*

15. Diaphragmatic Belly Press

***Mechanics:** Phrenic nerve & Celiac (Solar) Plexus (manual stimulation).
*__System Focus:__ Celiac Plexus, Solar Plexus Chakra
***How to Do It:** Rest one hand over your navel. Inhale pushing the belly into your palm; exhale, letting the hand sink gently inward.*

POSTURAL & Grounding Micro-Moves

16. Under-Desk Seated Gravity Sway

***Mechanics:** Vestibular balance system & sit bones (ischial tuberosities).
***System Focus:** Pelvic Plexus, Root Chakra.
How to Do It: *Rest feet flat on the floor. Gently shift your torso 1 inch left and right, noticing the shifting weight on your sit bones.*

17. Sit-Bone Anchoring

***Mechanics:** Direct pressure integration through the pelvis..
***System Focus:** Pelvic Plexus, Root Chakra
How to Do It: *Press your feet firmly into the floor and intentionally press your thighs and sit-bones down into your chair seat. Feel the solid support underneath you..*

18. Cross-Legged Bilateral Ankle Tap

***Mechanics:** Bilateral sensory stimulation below desk level.
***System Focus:** Lower leg peripheral nerve stimulation.
How to Do It: *Cross ankles under your desk and tap your top foot rhythmically against the bottom ankle.*

19. Isometric Shoulder-Drop Contract/Relax

***Mechanics:** Trapezius muscle spindle reset & Accessory Nerve (XI).
***System Focus:** Cervical & Brachial Plexus.
How to Do It: *Shrug shoulders up toward ears for 5 seconds (50% effort), then abruptly release and drop them toward the floor..*

20. Under-Desk Self-Reiki Palm Cup

***Mechanics:** Biofield grounding & warmth interoception.
***System Focus:** Pelvic/Sacral Plexus, Solar & Root integration
How to Do It: *Rest palms face up or face down on your lap. Direct mental focus to the warmth generated between your palms and thighs.*

MAKING *decsions*

Ready to Deepen Your Practice?

These 20 micropractices are quick emergency resets for your workday. But to permanently rewrite your stress baseline, you need a complete mind-body-soul integration.

Intentional Frequency

An 8 Module Collection & Guided Workbook
Inside the full program, you will learn:

Comprehensive Chakra & Nervous System Mapping
Daily Self-Reiki Protocols for Energy Hygiene
Deep Somatic Journaling Prompts & Auric Field Tracking
Full Neurosomatic Exercies for Posture, Vagal Tone, & Cranial Regulation

This is your invite to Relaxmassageandbodyworks.com!
Come join us!

What have you decided?