

WISE BRAIN REPS

10-60 second pauses to shift out of autopilot and return to presence

PURPOSE:

- Shift out of survival mode reactivity
- Give your brain and nervous system a mini-break
- Strengthen your Wise Brain circuitry

HOW TO:

- 1** **Pause** what you're doing
- 2** **Pay full attention** to a sensory experience (10-60 sec)
- 3** **Return your focus** to the task at hand

EXAMPLES OF SENSORY ANCHORS:

- Take 3 conscious breaths
- Feel the sensations of your feet on the ground
- Listen to sounds
- Look out the window

INTEGRATION TIPS:

- 🕒 Set an external cue (watch/phone alarm, calendar reminder)
- 🔗 Link your reps to existing transitions—like right before a meeting, when returning to your desk, or before eating.

