

ENERGY RESET KIT

THE CHALLENGE

- Many leaders describe their days as fast, full, and relentless. Meetings stack up, messages flow in, and even when the work stops, the body doesn't.
- That constant momentum becomes the new normal until thinking fogs, patience shortens, and sleep quality drops.
- Learning to reset between moments isn't about slowing down productivity. It is about protecting the clarity and composure that good leadership depends on.

WHY IT MATTERS

- The brain's threat system (the amygdala) cannot see or hear; it reads your body for cues. When breathing is shallow and muscles tense, it assumes danger and releases cortisol and adrenaline readying you to run from physical danger, not a long list of emails.
- Research from Stanford and the University of Sydney shows that lengthening the exhale activates the vagus nerve and lowers heart rate within 90 seconds.
- Each small pause tells the brain you are safe. When the body settles, the prefrontal cortex, responsible for empathy, logic, and problem-solving, switches back on

TRY THIS:

- Take one slow breath: four counts in, six out.
- Drop your shoulders and unclench your jaw.
- Stand or walk to a window and look out for 60 seconds.
- Roll your shoulders or stretch before opening the next call.
- Say quietly, "I am here now," to bring attention to the moment.

REFLECTION

When your day is running fast, what tells you that you have sped up?

- Do you notice it in your voice, your shoulders, or the way you skim emails and miss details?
- Maybe your speech quickens, your attention narrows, or you start fixing instead of listening.
- The body shows you the signs before the mind catches up. Tight shoulders, shallow breathing, or a racing mind are quiet cues that it is time to pause.

Noticing these signals is the first step to arriving fully in the next moment, rather than just moving into it.

FIVE HABITS THAT MAKE A DIFFERENCE

PAUSE BEFORE YOU SPEAK	A single deep breath slows the sympathetic nervous system and activates the vagus nerve, which regulates heart rate and blood pressure. This moves the brain from threat to thinking mode, where reasoning and empathy live.
ONE MINUTE MARGIN	Short pauses lower cortisol and allow adrenaline to metabolise, stopping the carry-over that keeps your system running after meetings. Your impact will be greater if you are three minutes late for a meeting because you stood up to stretch. Pause before you click that “Join meeting” button.
HYDRATION ANCHOR	Even mild dehydration decreases concentration and increases perceived stress. Also the ritual of making a drink gives you space to slow your breath and reset attention before re- engaging (as do all the subsequent trips to the bathroom!)
LIGHT CHECK	Natural light cues the brain to balance energy and mood. Morning and late-day daylight reset your circadian rhythm and lift serotonin, improving focus and helping the body prepare for better sleep. Step outside, look up, and let your eyes adjust to real light.
CALENDAR CUES	Protect short, scheduled breaks in your day to reset before moving to the next task. Even two minutes to stretch, refill water, or breathe trains your nervous system to shift between effort and recovery. These predictable pauses reduce the wear and tear of constant stress and help you stay steady across the day.

YOUR NEXT STEP

If you are already stretched, start small. Choose one habit this week and practise it consistently. Notice how your energy, patience, and presence shift. Calm leadership is not about moving slower; it is about learning how to recover faster.

NEED SUPPORT?

 Book your 90-minute session with Adam or Penny through our online system. No need to be a current client. It is a space to pause, map the system, test your thinking, and design practical next steps.

Now \$550- Click here to access our booking system.

*“I walked away lighter, clearer, and with a practical plan I could use straight away”
“It felt like someone finally helped me make sense of the complexity”*