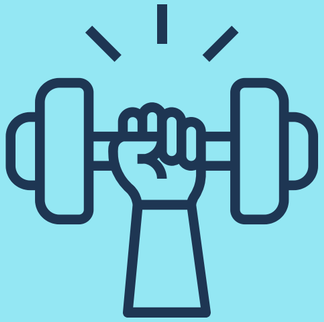
WISE BRAIN REPS

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:

1️⃣ **Pause:** let yourself come to rest for a moment.

2️⃣ **Observe:** notice one sensory anchor.

3️⃣ **Choose:** consciously return to the task at hand.

EXAMPLES OF SENSORY ANCHORS:

- Feel your feet on the ground
- Feel three breaths flowing in and out
- Listen to sounds
- Notice sights (color, texture, light)

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.