

Micro-Rest Practice

A 30-second nervous system downshift for high-functioning anxiety moments.

When this might help:

- High-functioning anxiety moments: busy, wired, unable to stop
- Thirty seconds between tasks is all you have

The practice:

- Drop your shoulders
- Exhale longer than you inhale

Whisper: "I'm safe to slow down."

Gentle fallback: Just the exhale. One breath out, longer than in.