

GENTLE RESET: BILATERAL MICRO-MOVEMENTS

These pages are here to meet you exactly where you are –
tired, anxious, restless, overwhelmed, or simply needing a pause.

You don't need to make anything "good."

You don't need skill.

You only need movement.

Small, repeated motions help the brain and body find their way back into rhythm.

Here are a few ways to begin:

1. Waves

Rhythmic calming

Slow, flowing lines that help your nervous system soften.

2. Figure-8 / Infinity

Left-right balance

Gentle crossing that brings both sides of the brain into rhythm.

3. Vertical Lines

Grounding

Steady up-and-down movement that brings you into your body.

4. Radiating Lines

Release

Let energy move outward, away from tension.

5. Short Strokes

Focus

Small, repeated marks that quiet a busy mind.

6. Zig-Zag / Waves

Flow

A playful rhythm that keeps your hands and eyes moving.

7. Spirals

Settling

Circular motion that draws the nervous system inward.

