HYBRID ENERGY RESET

Staying Focused, Balanced & Burnout-Free



MOVE WITH INTENTION

- Stand or move every 30–60 minutes
- Walk during calls when possible
- Stretch between transitions



PROTECT YOUR FOCUS

- Silence notifications during deep work
- Avoid back-to-back video meetings
- Schedule short buffers between mtgs



CREATE ROUTINES

- Establish a start of your day routine
- End your day with a shutdown ritual
- Build in breaks during your day



GAUGE YOUR ENGINEER

- Notice tension in your body
- Watch for mental fatigue
- Pay attention to energy drops





GIVE YOURSELF A DAY OFF TO REST

Allow yourself time to rest and recuperate, reducing stress and giving your body the chance to heal and manage your well-being more effectively.