



Quick Downshift Guide

A simple breathing-based reset to help
bring your system down fast.



When to Use It

Reach for this reset when your body is still running at shift tempo – even after the call is done. These are the signals worth noticing:



Keyed Up

Can't seem to slow down mentally or physically after a high-demand situation.



Irritated

Small things are hitting harder than they should. Your fuse feels short.



Tense or Braced

Shoulders up, jaw tight, muscles on standby – your body is still in ready mode.



Restless

Still on shift mentally. Hard to sit still or feel present off the clock.



The Reset

This takes 60 seconds. That's it. Do it in your car, at your locker, or anywhere you can find a moment.

1

Ground Your Feet

Sit or stand with both feet flat on the floor. Feel the contact. That's your anchor.

2

Inhale for 4 Seconds

Breathe in slowly through your nose. Count to four. as you inhale. Let your chest and belly fill.

3

Exhale for 6 Seconds

Release slowly through your mouth or nose. The longer exhale is what signals your nervous system to ease off.

4

Repeat for 60 Seconds

That's roughly five cycles. Stay with it. Don't rush the count.

What to Notice

You're not chasing a feeling. You're just paying attention to what's already shifting.

**Your shoulders
may drop.**

Tension you didn't notice you were holding begins to release on its own.

**Your breathing
may slow.**

The rhythm starts to feel less forced. Your body is following the signal.

**You may feel less
braced.**

That edge-of-readiness feeling starts to soften. Not gone – just quieter.

Reminder: You are not forcing calm. You are giving your body a signal that it can come down.

