

5-MINUTE SPACIAL ORIENTATION SOMATIC RESET

Got a high stakes meeting in 5? Stop Scrolling! Use these actions to reorient your nervous system and prepare yourself for clarity in action.

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Minute	Action	Why It Works
0-1	Orient: Slowly turn your head, letting your gaze land on five distinct objects outside your screen.	Activates the ventral vagus nerve, orienting you to safety.
1-2	Ground: Place both feet flat, spread toes, feel chair contact.	Proprioceptive input calms limbic reactivity.
2-3	Breathe + Lengthen: Inhale through nose, lengthen spine 2 cm; exhale imagining shoulders dripping downward.	Couples diaphragmatic breath with postural shift—instant parasympathetic boost.
3-4	Adjust One Variable: Dim overhead light, open shade, or queue focus music.	Gives the nervous system agency; tiny environmental wins translate to cognitive confidence.
4-5	Set Intention: Glance at a single anchor word (post-it on monitor) that names the energy you want to embody—e.g., <i>Clarity</i> .	Prefrontal cortex loves a target; your space just became a visual accountability partner.

