BECKA CROWE · GROUND

The Energy Reset

A gentle daily reset for when you feel scattered or depleted. Take what helps.

1. **Notice.** Is this feeling mine, or did I pick it up somewhere?
2. **Breathe it out.** A few slow exhales, releasing what isn't yours.
3. **Clear the space.** Open a window, wash your hands with intention, step outside.
4. **Come back to your body.** A short walk, a stretch, a glass of water.
5. **Rest if it's rest you need.** Sometimes low energy is just tiredness.

This reflects my personal practice and isn't a substitute for professional care.

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