

GAMER RESET



A 3–5 MINUTE BETWEEN GAMES RESET

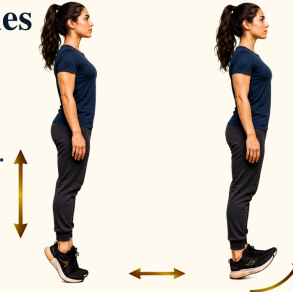
MOVE • RESET • RETURN TO PLAY

BETWEEN GAMES RESET

1 Feet + Ankles

5 heel raises
5 toe lifts

Stay balanced.
Rock forward
and back.



2 Shower Check

Turn chest L + R 4x

Arms, head +
hips in line.

Hips back.

Turn chest left + right.



3 Chest + Shoulders

3 to 5 reps

Hands supported.
Lift the upper
chest.



4 Relative Rotation

2 each way

Head stays still.

Turn from the torso.

Stay tall.

Keep it easy.



5 Hands

Open and close
5 times

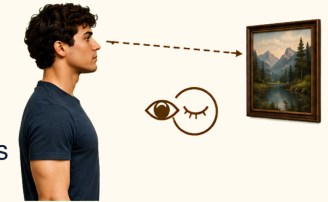
Open. Close.
Relax the grip.



6 Eyes

Near to far,
3 cycles

Near. Far across
the room. Blink.



7 Ready Breath

3 comfortable breaths

Feel your ribs expand
from thumbs to fingers.



Support the task. Change the exposure. Restore options. Return to play.

General wellness education. This resource does not diagnose medical conditions or provide medical treatment. Stop if symptoms worsen.