10 ways to reset your team *without waiting for burnout.*

Simple practices leaders can build directly into the workday.

01

Start with 60 seconds of quiet.

Before jumping into the agenda, give everyone one uninterrupted minute to arrive. No phones. No talking. Just a deliberate transition into the room.

02

Ask: “What can we let go of before we start?”

A difficult client call? A frustrating morning? The last meeting? Give people permission to mentally close one thing before beginning another.

03

Take the meeting outside.

If the conversation does not require screens, walk. A change of environment can interrupt the usual meeting pattern and create a different kind of conversation.

04

Create a 10-minute meeting buffer.

Avoid scheduling important meetings back-to-back when possible. Give people enough space to finish one thing before immediately performing in another.

05

Use the 3-breath reset.

Before a presentation, difficult conversation, or important decision, take three slow, intentional breaths together. Simple, fast, and no equipment required.

06

Have a no-agenda team coffee.

Twenty minutes. No status updates. No laptops. No business objective. Let people reconnect as people.

07

Change the environment.

Dim harsh lights. Put on instrumental music. Move away from the conference table. Small environmental changes can signal: we are doing something different now.

08

End with: “What are you carrying forward?”

Before everyone leaves, ask each person to identify one idea, decision, or intention they are taking with them. It creates a deliberate transition back into work.

09

Protect one genuinely meeting-free block.

Not “meeting-free unless something comes up.” Actually protect it. Give the team’s attention somewhere to recover from constant switching.

10

Put resets on the calendar before they are needed.

Do not wait until everyone is exhausted to talk about recovery. Make resetting part of how the team operates during normal periods.

Reset is not a perk.

It is a performance practice.

Your team does not need to earn a reset by burning out first. Reset can be small. It can take 60 seconds. It can happen between meetings.

AND SOMETIMES IT DESERVES MORE SPACE.

A 90-minute mini retreat, *built into the workday.*

RegulationLab™ creates guided, **neuroscience-based** onsite Reset experiences for teams.

EXPLORE REGULATION-LAB.COM

"Almost everything will work again if you unplug it for a few minutes, including you."

— ANNE LAMOTT

Save this for your next team meeting. Share it with a leader who needs it.