

Lost Control?

**TAKE IT BACK
FAST.**



1

The Blunt Truth

- One bad moment doesn't define you.
- But how you recover does.

Top performers don't avoid pressure.
They **master their response**.

Stress **doesn't break them**.
It makes them sharper, stronger, and
unshakable.



2

Reset Technique #1: Physiological Sigh

- The 10-Second Stress Reset
- Used by Athletes, Leaders & Elite Performers

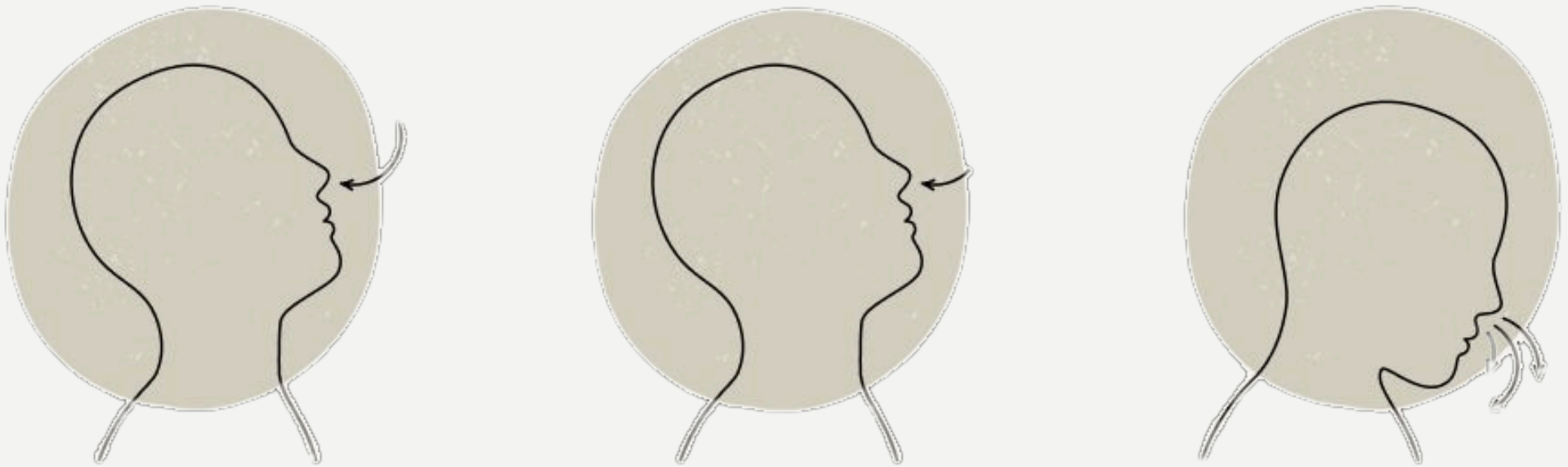
Why?

This instantly calms your nervous system and stops stress from taking over.



3

Reset Technique #1: Physiological Sigh



- Breathe In deeply through your nose.
- Take a second, short inhale.
- Exhale slowly and fully through your mouth.



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When to Use the Physiological Sigh

- When emotions spike suddenly (anger, anxiety, frustration).
- Before a high-pressure moment (public speaking, big decisions).
- When your thoughts feel out of control.

Elite performers don't just "stay calm".
They use **science** to **take back control**.



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Reset Technique #2: Grounding Cue

- The Instant Composure Hack
- Disrupt Emotional Spirals in 5 Seconds

Why?

This physical anchor shifts your focus, stopping emotional spirals before they take over.



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Reset Technique #2: Grounding Cue



- Press your thumb firmly against your index finger.
- Hold for 5 seconds while focusing on the pressure.
- Release, take a deep breath, and refocus.



7

When to Use the Grounding Cue

- In meetings where you can't show emotions.
- When you need to stay focused under pressure.
- When you feel overwhelmed but can't step away.

Top performers don't let emotions hijack them.

They **reset** and **take back** control.



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Which one will you be?

- **Average** people react.
- **Top performers** recalibrate.



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