

# Life.Under Pressure.

## THE MICRO-CONTROL RESET

*When everything feels out of control,  
control something small.*

### STEP 1 Close One Open Loop

1

Reply to one email.  
Wash one dish.  
Organize one surface.  
*Completion restores agency.*



### STEP 2 Reclaim Physical Order

2

Clear a small area.  
Fold something.  
Put something back where it belongs.  
*Environment influences cognition.*



### STEP 3 Regulate One Body Signal

3

Drink water.  
Stand upright.  
Slow your breath.



### STEP 4 Repeat Tomorrow

4

Micro-control compounds.  
Stability builds incrementally.



*Small control precedes large clarity.*

# The Micro-Control Reset

*Reclaim stability by closing small loops*

**When everything feels out of control, control something small.**

## 1. Close One Open Loop

- Reply to one email.
  - Wash one dish.
  - Organize one surface.
  - Completion restores agency.
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## 2. Reclaim Physical Order

- Clear a small area.
- Fold something.
- Put something back where it belongs.
- Environment influences cognition.

### **3. Regulate One Body Signal**

**Drink water.**

**Stand upright.**

**Slow your breath.**

**Signal safety to your nervous system.**

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### **4. Repeat Tomorrow**

**Micro-control compounds.**

**Stability builds incrementally.**

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**Small control precedes large clarity.**