

1%

LABS

Reset Your Brain in 7 Minutes Protocol

Part of the *one percent*.

NeuroStudy
A Science-Backed Study & Growth System
To **Dominate.**

We all hit moments where the brain just won't cooperate — too many tabs open, spiralling thoughts, no focus.

This 7-minute protocol is designed to interrupt mental overload and shift you from chaos to clarity — using simple, proven neuroscience principles.

Use it when:

You feel overwhelmed and can't start

You're zoning out mid-study

You need to transition into focus quickly



STEP 1: BREATH RESET (1 MINUTE)

Control your breath = Control your brain

Instructions

- Inhale deeply through the nose for 4 seconds
- Hold for 4 seconds
- Exhale slowly for 8 seconds
- Repeat 4 times

Slow, controlled breathing (especially longer exhales) activates the parasympathetic nervous system — which counteracts the fight-or-flight response triggered by stress, overwhelm, or procrastination.

What happens in your brain:

- ↓ Cortisol (stress hormone)
- ↓ Amygdala reactivity (emotional overload)
- ↑ Prefrontal cortex activation (clear thinking, decision-making)
- ↑ Oxygen delivery to the brain → improved energy & attention



STEP 2: POSTURE & PHYSICAL SHIFT (2 MINUTES)

Change your body = Change your brain state

Instructions

- Stand up and stretch tall
- Roll shoulders 10 times backward
- Do 15 seconds of shaking or light movement
- Take 5 deep power breaths while walking in a circle

Movement and posture shifts send signals to the brain through feedback systems — essentially telling your brain, “We’re not stuck anymore.” Sitting for long periods = static cortisol buildup = mental fog.

What happens in your brain:

↑ Dopamine release from light exercise

↑ Brain-derived neurotrophic factor (BDNF) = sharper cognitive function

↑ Activation in motor cortex and cerebellum → improved alertness

↓ Muscle tension → reduced anxiety signals to the brain

✓ 3. SENSORY RESET — CLEARS COGNITIVE OVERLOAD (1 MINUTE)

Clear the mental tabs by changing your sensory input.

Instructions

- Splash cold water on your face or rub hands together
- Look out a window at something far away (eye distance reset)
- Light a candle or inhale a calming scent (lavender, citrus)

When you're overwhelmed, your sensory working memory is overloaded with noise, notifications, and mental “tabs.” A sudden shift in sensory input — especially cold water or visual depth — can trigger a neural reset.

What happens in your brain:

Cold sensation → triggers the locus coeruleus → norepinephrine release (attention-enhancing neurotransmitter)

Looking into the distance → resets eye convergence + calms overstimulated visual cortex

Smell (especially citrus or mint) → activates limbic system → alertness and calm

✓ **STEP 4: RECONNECT TO PURPOSE (3 MINUTES)**

The brain loves clarity. Motivation follows direction.

Instructions

- Ask yourself: “What’s one thing I want to accomplish in the next 25 minutes?”
- Write it down
- Say it out loud (this activates motor memory)
- Set a Pomodoro or timer
- Remember your “why?” - Why you want to put in the effort and work it takes to be something great and do amazing things, and link it to the work you are about to do.

When you state a goal out loud or write it down, you activate the dorsolateral prefrontal cortex, which is responsible for executive control, prioritisation, and motivation regulation. This gives your brain a target to aim at.

What happens in your brain:

- ↑ Dopamine release (from creating clear short-term goals)
- ↑ Working memory efficiency
- ↓ Limbic system noise (emotion, distraction)
- ↑ Task engagement — even if motivation was low to start

The 1% will go further — because they didn't stop here.

The NeuroStudyLabs Program gives you everything you need to reset your brain for good and rebuild your system **for good**. This was a moment of clarity — not a solution. Use the real transformation program that over 500+ real-world high-performers and go-getters have used.

The price of staying stuck is way higher.