**Experiential: Recalibration**

Arousal control or energy management is to manage your energy through the practice of recalibration to think clearly, improve your focus and perform optimally. The goal of this exercise is to teach you how to manage your level of physiological arousal so that you can perform at an optimal level.

**Directions:**

For this practice, you can sit or stand, and leave your eyes open or closed.

**Script:**

*For this practice, you can sit or stand, and leave your eyes open or closed inhale for four whole seconds - pause - and then slowly exhale for six whole seconds. Like this: inhale...1...2...3...4... And hold 1...2...Exhale...1...2...3...4...5...6...Continue this for three more rounds of breath*