

**My Body, My Sovereign Nation** — by Minky  
[www.MyBodyMySovereignNation.com](http://www.MyBodyMySovereignNation.com)

## The 7-Minute Reset

### **The 7-Minute Reset**

A short, intentional pause designed to help you feel reconnected and back in your body.

Most people are disconnected because they've been trained to override body signals—count reps, chase intensity, and copy movements. That's how people get hurt. Too much, too soon is the fastest way out of any movement habit.

Seven minutes is long enough to interrupt stress and autopilot, and short enough to feel safe. You move slowly, with awareness, paying attention to feedback in real time.

Use the 7-Minute Reset when you feel scattered, stiff, overwhelmed, or unsure what your body needs. One round is enough. If you want to add another, you can.

You finish not exhausted, but present, aware, and better able to protect your muscle and independence.

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