



Micro Resets

Women in policing carry high cognitive load, emotional labour, and constant vigilance. These pressures accumulate quietly across a shift, often without a clear moment to reset. Micro resets are small, fast, evidence-based tools that interrupt the physiological stress cycle and help the nervous system return to steadiness. These resets are discreet, practical, and can be used anytime — between tasks, after a difficult interaction, or when you feel your system tightening. They don't replace long-form recovery; they simply help you stay steady in the moments that matter.

Why Micro Resets for Women in Policing

Women often carry additional layers of emotional and relational load — supporting colleagues, absorbing team tension, managing conflict, and navigating hormonal rhythms that influence stress sensitivity. Micro resets help by:

- reducing physiological stress
- improving clarity and focus
- supporting emotional bandwidth
- interrupting vigilance fatigue
- restoring access to grounded decision-making

These tools are not about “calming down.” They are about regaining access to your full capacity.

Who This Resource Supports

- Women in policing
- Women experiencing vigilance fatigue or emotional overload
- Supervisors and team leaders
- Anyone wanting simple, fast wellbeing tools

What You'll Learn

- What micro resets are
- Why they work
- How to use them in real time
- Two practical resets you can apply immediately

These resets form a practical foundation for women's wellbeing — small interventions that create big shifts in steadiness, clarity, and emotional regulation.

Understanding Micro Resets

Micro resets shift your physiology out of threat mode and back into a state where you can think clearly, communicate well, and make grounded decisions.

They are especially effective for women because they support:

- emotional load
- relational pressure
- vigilance fatigue
- hormonal rhythm
- cognitive overwhelm

Micro resets are not about suppressing emotion. They are about giving your body a chance to recalibrate so your mind can follow.

Practical Micro Resets

Reset 1: The 90-Second Reset

A physiological reset that completes the stress cycle.

Purpose

To allow the body's stress response to rise, peak, and settle without becoming trapped in the system.

Why it works

A stress response takes around 90 seconds to peak and begin to settle if you stop feeding it with thoughts or external triggers.

This reset gives your body the space to complete the cycle instead of holding the surge.

How to use it

- Pause
- Plant your feet
- Breathe slowly and deliberately
- Let the wave rise and fall without adding story
- Finish with a long exhale

Operational translation

This is the internal version of letting a critical incident “run its course” before making a decision.

Example

You feel a surge of frustration after a difficult interaction. You pause, breathe, and let the wave pass. Your clarity returns without escalation.

Reset 2: The 20-Second Stand-Down

A vigilance interrupt that signals safety to the nervous system.

Purpose

To interrupt hyper-vigilance and bring the system back toward baseline.

Why it works

Your brain interprets stillness as safety. When your eyes rest on something still, your nervous system receives a “stand down” signal.

How to use it

- Drop your shoulders
- Unclench your jaw
- Relax your hands
- Take one slow breath
- Look at something still for 20 seconds

Operational translation

This is the personal version of a tactical pause — a moment to reset before re-engaging.

Example

You notice your system tightening during a busy shift. You soften your posture, breathe, and rest your eyes. Your vigilance drops just enough to restore bandwidth.

Micro resets help women stay steady in the moments that matter — restoring clarity, capacity, and emotional bandwidth across the day.

