

## THE FRAMEWORK BEHIND EVERY SESSION

# The Workday Reset *Method*<sup>TM</sup>.

A four-pillar framework for sustainable workday wellbeing, delivered live by certified facilitators and built by Chakra Hours founder Nina Mua. One cycle, four phases, repeated from a single 30-minute session to a full year.



## THE WELLBEING PROBLEM INSIDE THE WORKDAY

Most workdays run without a single reset. People move from meeting to meeting carrying the residue of each one, and the morning's stress is still in the body by mid-afternoon. For HR and finance leaders, that shows up as the costs you already track: disengagement, attrition, and the quiet drag of teams running on empty. A one-off perk does not change this. A recording gets watched once, and an app sends another notification into a full inbox. What changes the workday is a repeatable practice the team actually does, led by a real person, and small enough to fit between meetings.

## THE METHOD AND THE FOUR R'S

- **Reset.** Interrupt the stress cycle. Brief, deliberate practices that move the nervous system out of fight-or-flight and back toward baseline.
- **Restore.** Rebuild the energy. Recovery practices that make the next workday possible, so a Reset becomes a sustainable cycle, not temporary calm.
- **Resource.** Send the toolkit home. Portable 90-second practices employees can use at the desk, before a meeting, or in a moment of overwhelm.

- **Renew.** Meet the workplace year. Year-round programming aligned with predictable stress points and awareness moments.

## WHY LIVE, HUMAN-LED DELIVERY

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- **Engagement.** People show up for a scheduled session with a real facilitator in a way they do not for a link in the inbox. The calendar hold is the commitment.
- **Co-regulation.** A practice led live, in real time, lands differently than a recording. The group settles together.
- **Follow-through.** Each session sends home a named, portable tool. The Resource pillar is built so the practice keeps working after the facilitator logs off, which turns one session into a habit.

## THE EVIDENCE BASE

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The method maps each pillar to a documented physiological mechanism: vagal tone, heart rate variability, and sustained attention. It draws on peer-reviewed research from Harvard, Mass General, UMass, and the original polyvagal literature.

- **Polyvagal regulation.** Breath, sound, and gentle movement are associated with vagal activation and a shift toward parasympathetic recovery. (*Porges, The Polyvagal Theory*)
- **Heart rate variability.** HRV is a trackable biomarker of stress recovery, and meditation research at Harvard has studied its effects on heart rate and stress markers. (*Harvard T.H. Chan School of Public Health*)
- **Sustained attention.** Trained meditators show more sustained gamma activity, the pattern linked to memory, focus, and emotional regulation. (*Harvard Graduate School of Arts and Sciences*)

*The Workday Reset Method™ draws on this body of research while remaining a wellbeing education program. It is not medical care, therapy, or treatment.*

## HOW IT SCALES

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- **30 minutes, a single session.** All four pillars in one arc: a Reset opener, a Restore practice, a Resource takeaway, a Renew closing intention.
- **8 or 12 sessions, a curriculum.** A structured arc across four modules: Stress and Reset, Energy and Body, Sustainability, and Resilience.
- **12 months, a workplace year.** Quarterly anchors aligned to workplace seasons, with awareness months matched to the right pillar.

## WHO DELIVERS IT

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Every session is led live by a credentialed facilitator: experienced yoga and meditation teachers, breathwork and sound practitioners, fully insured and seasoned with corporate teams, trained in delivering The Workday Reset Method™ to working professionals with practical, employee-friendly delivery rather than studio jargon.