# Focus Refresh Cards

*Cut these out and use them when attention stalls — change your state, refresh your focus.*

**Move closer**
*to sunlight*

**Play quiet**
*instrumental music*

**Switch to**
*paper notes*

**Work from**
*a new seat*

**Stand and**
*stretch*

**Take a**
*short walk*

**Drink a**
*glass of water*

**Try 1**
*minute of deep breathing*