



60-SECOND BRAIN-GUT RESET TO CLARITY & CALM

*A 1-minute micro-routine to help settle your body
and clear your mind fast.*

DIPAL SHAH

Why Your Gut Can Affect Your Mood + Clarity

Have you ever noticed that when your digestion feels “off,” your mind doesn’t feel sharp either?

That’s not in your head.

Your gut and brain are in constant communication through nerves, immune signaling, hormones, and chemical messengers. When your system is under stress, it’s common to feel it as:

- Foggy thinking
- Low motivation
- Heaviness
- Irritability
- Emotional ups and downs
- A tight, braced body

This guide gives you a **simple reset** to support your gut–brain connection so you can feel calmer and clearer—especially on days you feel scattered or drained.

Reflection:

Where do you feel stress first—your stomach, your chest, your shoulders, or your jaw?

Scientific reviews describe the **microbiota–gut–brain axis** as a real communication network that influences stress response, mood, and cognition.

Research also continues to explore how gut microbial balance and metabolites can influence brain-related outcomes and mental health.

Why 60 Seconds Can Make a Difference



Your brain is built to automate.

It creates default habits, patterns, and routines because it saves energy. That's helpful... until your default becomes:

- Scrolling when you're overwhelmed
- Snacking when you're stressed
- Spiraling when you're uncertain
- Pushing through when your body needs support

The goal of this reset is not to “fix your life.”

It's to shift your **state**, even slightly, because state changes create better choices.

If you can change your state, you can change what's available to you.

Research on **micro-breaks** suggests that short breaks can support well-being and reduce fatigue—reminding us that small resets matter.

Breathing practices have also been studied in relation to stress and mental health outcomes (results vary, but the pattern is clear: breath impacts state).

The 60-Second Brain–Gut Reset

A 2025 review of diaphragmatic breathing trials reported benefits across studies related to stress and autonomic balance (how the nervous system shifts toward calm).

A 2024 systematic review also found that physical activity is associated with a lower risk of constipation—one way movement supports gut function over time.

Do this standing or seated. Do it gently...

You're not trying to “work out.” You're signaling safety and flow.



1 0–20 seconds **Downshift your breath**

- Inhale through the nose
- Exhale longer than your inhale
- Optional: one hand on your belly



2 20–40 seconds **Gentle torso twists**

- Twist slowly left and right
- Keep shoulders relaxed
- Stay in an easy range



3 40–60 seconds **March in place or heel raises**

- Light movement
- Steady rhythm
- Keep it simple

That's it.

Safety note:

If you're pregnant, dizzy, recently post-surgery, or dealing with severe reflux/hernia symptoms—do the **breathing only**, and consult your clinician if needed.

Use this when you want to feel more like you again.

Try it:

- **Morning fog:** before your day runs you
- **Before meals:** to help your system downshift
- **After meals:** gentle movement to support flow
- **Before an important conversation:** to access clarity and presence
- **After being around intense energy:** to return to center

Tiny check-in question:

After 60 seconds... Do you feel even 3% more space in your body?

That “3%” matters. It's the beginning of clarity.

Evidence-based note (simple):

Reviews consistently support the idea that moderate movement can benefit GI function, though effects vary by person and condition.

7-Day Clarity & Calm Tracker

This is where the magic happens because your body starts to trust the pattern.

Each day, do your reset once. Then check in:

Day 1	<input type="checkbox"/> I did the 60-second reset
Day 2	<input type="checkbox"/> I did the 60-second reset
Day 3	<input type="checkbox"/> I did the 60-second reset
Day 4	<input type="checkbox"/> I did the 60-second reset
Day 5	<input type="checkbox"/> I did the 60-second reset
Day 6	<input type="checkbox"/> I did the 60-second reset
Day 7	<input type="checkbox"/> I did the 60-second reset
Rate 1 - 10	Clarity: _____ Calm: _____ Belly comfort: _____ Energy: _____

One sentence reflection:

What changed in me after 60 seconds?
Progress is consistent.

When your body is less stressed, your mind gets clearer.
And when your mind is clearer, better choices become available.
If you loved this 60-second reset, the next step is learning how to access conscious choice in real life, when it matters most.

Join me LIVE

Stop Reacting, Start Responding: The Path to Conscious Choice

In this free masterclass, you'll discover:

- The exact moment where your power lives - the split-second gap between what happens and your response that most people never even know exists
- The hidden “cellular programming” that hijacks your reactions in seconds - making you say and do things you swear you'll never do again... until the next time
- Why willpower, positive thinking, and “trying harder” will NEVER stop your triggers - and what actually works to release the programming at its source
- What becomes possible when you respond instead of react - the profound shift in your relationships, self-respect, and inner peace when you're finally in control of your choices



Dipal will also share with you an ancient breath technique that you can do in under a minute, which will immediately shift your energy as you release what doesn't belong to you!!

[REGISTER NOW](#)

References:

Then list sources like this (simple APA-ish is fine):

- Chakrabarti, A. (2022). The microbiota–gut–brain axis: Pathways to better brain health. *Nutrients*. (PMC)
- Margolis, K. G., Cryan, J. F., & Mayer, E. A. (2021). The microbiota–gut–brain axis: From motility to mood. *Gastroenterology*. (PMC)
- Fincham, G. W., et al. (2023). Effect of breathwork on stress and mental health: A meta-analysis of randomized-controlled trials. *Scientific Reports*.
- Albulescu, P., et al. (2022). “Give me a break!” A systematic review and meta-analysis on the efficacy of micro-breaks for increasing well-being and performance. *PLOS ONE*. (PMC)
- Cui, J., et al. (2024). Physical activity and constipation: A systematic review of cohort studies. *Journal of Global Health*. (PMC)
- (Optional classic) Mayer, E. A., et al. (2015). Gut/brain axis and the microbiota. (PMC)