



When to Use Lazy 8's:

1. When You're Feeling Overwhelmed

Pause for 1–2 minutes and draw infinity loops in the air (or on paper). It helps calm your nervous system and gives your brain a “chill pill.”

2. When You're Distracted

Before a test or big task, trace Lazy 8's to improve focus and mental clarity.

3. Before Learning Something New

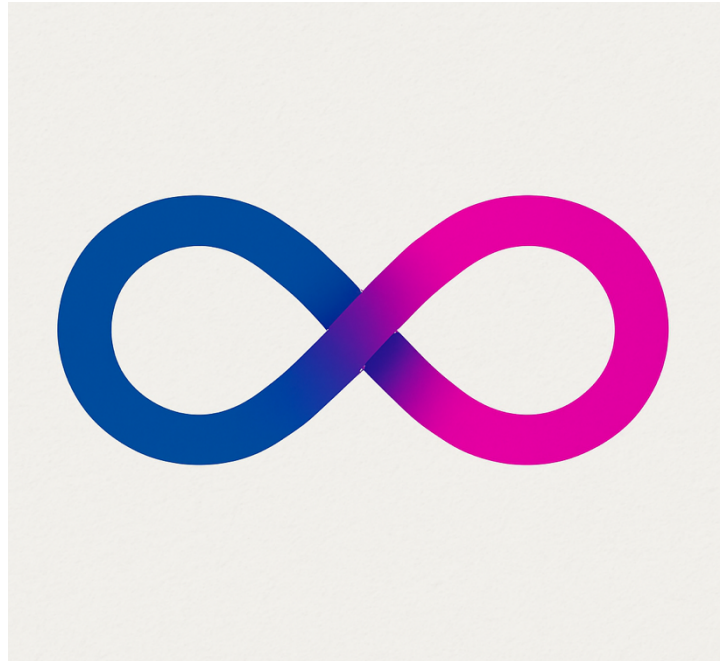
Doing Lazy 8's warms up both sides of your brain, making it easier to process new information and remember it.

4. While Studying or Reading

Take a quick loop break—draw a few infinity symbols to keep your brain engaged and avoid mental fatigue.

5. During Emotional Stress

Feeling anxious, frustrated, or upset? Drawing infinity loops with both hands helps your brain balance logic and emotions, so you can think more clearly.



How to Do It:

1. Raise both hands (or grab two markers if you're drawing on paper).
2. Slowly trace a **sideways 8 (∞)** with both hands **mirroring each other**.
3. Keep your eyes following the loops, and breathe deeply.
4. Do 5–10 slow, smooth loops.

PRO TIP:

The more you practice, the quicker your brain learns to switch from stress mode to focus mode.