How much time do I need to dedicate to the re-origin program daily?

Conditions and Effectiveness · https://www.re-origin.com/support/how-much-time-do-i-need-for-re-origin-daily

The re-origin program is designed to be flexible and adaptable to your schedule.

Many members begin with less and gradually increase their practice time as it feels manageable.

We ask you to practice the re-origin techniques for 30 minutes a day for a minimum of 6 months. You can break the 30 minutes up throughout your day in whatever way suits you best whether that's all in one go or split into shorter sessions. Feel free to tailor your routine to fit your needs and gradually build up as it feels manageable for you.

Consistency is key to creating lasting results, but the good news is, you don't have to go it alone. The community is here to offer encouragement and share insights, and you'll also have access to an Ask me Anything Space and other resources to help you stay supported along the way.

How long does it take to see results with brain retraining?

It varies from person to person. Some people notice small changes within weeks, while for others it may take longer. Consistency is the most important factor.

What are early signs that re-origin is working?

Early signs can include feeling slightly calmer, having more awareness of your thoughts, or responding differently to triggers, even if symptoms haven't fully changed yet.