

# Catch Your Breath

To reset all your **skills** to their original ratings, you can **catch your breath**. This is a brief respite in tension—finding shelter during a storm, taking cover in ruins, resting at a settlement.

**Catching your breath can be done at any time, even during combat or crisis.**

When you catch your breath, the GM looks at the scene and introduces a **new complication** for the group. The world doesn't wait while you rest.

**Example Complications (GM picks or rolls on table in Section 5):**

- Bandits arrive, attracted by your campfire
- The superstorm shifts course toward your position
- A water cache you were counting on has been sabotaged
- A psychic aberration manifests nearby
- A geothermal vent in your shelter begins to destabilize
- You're discovered by a hostile settlement patrol

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