

Recovery



There are multiple benefits of the 'Recovery' stage:

1. to **regain energy**
2. to create **variety** and cultivate joy
3. to **gain better perspective** on things
4. to **sleep** and **repair** ready to start the high-performance cycle once again.

Ways to build **Recovery** into your routine

TOP RECOMMENDATION

Although this is not new, our top recommendation is a **walk half-way through the day**. And yes, this is on top of the walk in the morning.

WHY

We think this is just about the best investment you will get for 20-minutes of your time. The walk provides:

1. **more daylight**, which provides your cells with further information about the time of day, which in turn helps coordinate everything from appetite to mood.
2. With exposure to daylight at the peak of the day, you'll get some **vitamin D** which is good for the immune system
3. You get some more **exercise and movement** which again helps mood and has been shown to reduce feelings of anxiety and stress
4. Finally, the walk provides valuable **thinking time** – a chance to reflect on the morning's progress and plan the next part of the day. One technique is to line up some work (or emails) ready to send and then press send after re-reading post-walk. This almost always improves quality.

Create 3 different recovery protocols



Recovery is not always two weeks in the Caribbean. What can you do to recover if you have 1, 5 or 20 minutes? Find out and develop a protocol. Examples include breathing, mindfulness, stretching, desk yoga or walking.

Seize opportunities to recover



Recovery is about variety – doing something different to what you were doing will help.

Consciously create boundaries and separation



We tend to underestimate the influence of our environment on our behaviour. See if you can develop a 'recovery mode' where your environment encourages you to switch off. For example, clear away your work things and shut down your laptop. See if you can split your work and personal phone screens, or even get a 2nd phone for personal stuff.

Tools to help

Try the 3 types of recovery tool