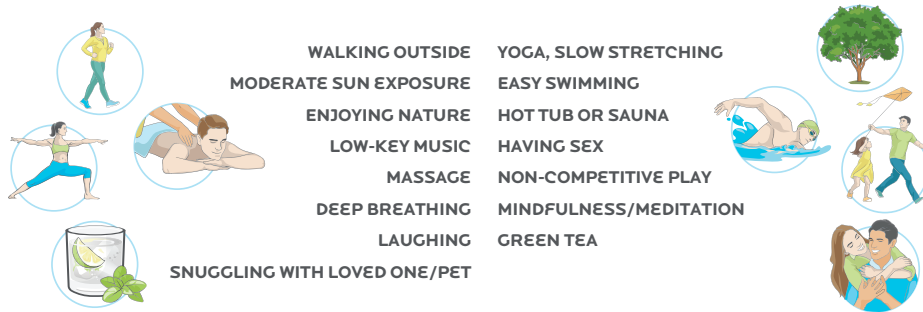


FOR REST AND RECOVERY

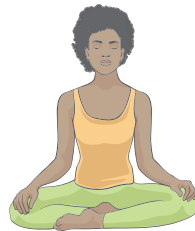
1. PRACTICE PARASYMPATHETIC ACTIVITIES



Note: Screen time is actually stimulating, so it doesn't help you here.

2. MEDITATION

Boosts the immune system
Improves sleep, mood, and emotional regulation, and circadian rhythm
Lowers blood pressure, heart rate, stress hormones, and inflammation



Supports the development of new brain cells, neural connections, and gray matter

Sharpens focus, mental clarity, attention, memory, and recall (even when not meditating)



3. GET OUTSIDE

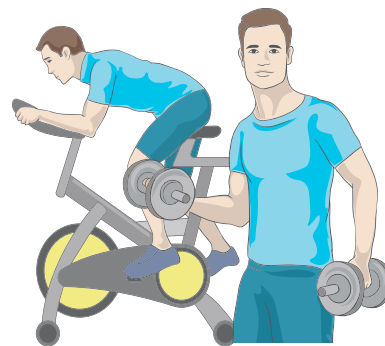
Being in nature lowers stress hormones and heart rate and improves mood and immunity, giving you motivation and energy to cope with your next challenge.

4. BALANCE YOUR EXERCISE ROUTINE

Exercise relieves stress by increasing blood flow, getting you outside, burning calories, and stimulating your parasympathetic nervous system.

Most effective: a mix of intense strength training, conditioning, cardio, and low intensity recovery.

When stressors are up, decrease intense exercise; when they're down, increase it.



5. PRACTICE SELF-COMPASSION

- Ask for help/support when needed
- Get coaching if you feel stuck
- Get counseling if you feel helpless
- Know your limits, honor them
- Unplug at least once a week

