

My Recuperation Plan

When we activate the Relaxation Response, we are protecting two activities at the very heart of wellbeing—rest and recovery.

Creating a routine that includes relaxing activities benefits our bodies and brains. You will be more productive when you get back to work, and creativity and innovation will have more opportunities to surface.

If you are adding new activities to your schedule (even relaxing ones!) remember to start small, start slow, be specific, and be realistic.

Connect with a friend or family member to help you both stay on track.

Remember, being consistent is more important than being perfect. **So, enjoy yourself!**

SEE OVER THE PAGE FOR ACTIVITIES THAT WE KNOW CREATE A RELAXATION RESPONSE (PARTICULARLY THE FIRST SIX) AND ADD SOME OF YOUR OWN.

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As important as it is to have a plan for doing work, it is perhaps more important to have a plan for rest, relaxation, self-care & sleep.

Akiroq Brost

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Breathe

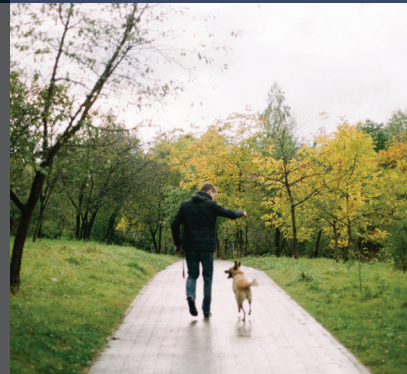


**Progressive
Muscle
Relaxation**

**Guided
Imagery**



**Being in
Nature**



**Yoga or
Thai Chi**



**Mindfulness
Activity**

- Get moving: dance, run, walk, ride
- Play with pets
- Play music or an instrument
- Sing
- Bath/shower/swim
- Massage
- Nap
- Warm drink
- Read
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- Watch a movie/series
- Laugh
- Burn oils
- Light a candle
- Go outside
- Cook
- Colour in/paint
- Jigsaw puzzle
- Connect with your people
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