

Taking 5 for **RECOVERY**

Recovery is about making small changes in our lives to help improve our well-being. Even in our stressful day-to-day, if we manage to incorporate RECOVERY in our schedule, we can lower stress levels, improve our physical and mental health, and raise our energy levels.

IN AS LITTLE AS 2-20 MINUTES, YOU CAN MAKE A DIFFERENCE.



During your day go out every 1-2 hours, walk around, go outside (if you can), breathe, drink coffee/tea



Embrace mindfulness & meditation (2-20 min)



Get 20 min in the sun daily (it will help you sleep better)



Me Time (15 min) – listen to music, walk in the park, read a book, take a bath (rule: no phone or airplane mode)



Move... short HIIT sessions, Yoga, Pilates (use Reaction app)



Sleep well at night (7-8 hours)



Take a day off...

