

# Recharging To Boost Resilience

A large aspect of one's resilience is determined by how you recharge, not by how much you endure. To boost resilience, it is therefore advised that you strategically stop to rest, giving your brain the time it needs to restore; better enabling you to face life's challenges. So how can you recharge to boost resilience?

## Micro and Macro Breaks

If you lack sufficient recovery, you are restricting your ability to be resilient. Instead, you should plan micro and macro breaks into your routine.

<p><b>Micro Break</b></p>	<p>Any short break you take from your work during the day; the breather you need when working on a task. This might be shifting your attention away from your screen, grabbing a drink or speaking with a colleague. Research suggests that you benefit from at least two short breaks of around five minutes every hour, and then a longer break of at least half an hour every two and a half to three hours.</p>
<p><b>Macro Break</b></p>	<p>Larger periods of rest taken between work days and during weekends or holidays. While there is no hard and fast rule on how many macro breaks are useful, you can work out what you need in order to stay effective and motivated. You may have a number of 'smaller' macro breaks in the week, such as attending an exercise class or watching a film; then one or two 'larger' macro breaks, such as taking the afternoon/day off to go out with family, or a weekend away, or a holiday.</p>

## Ideas To Strategically Stop



Have tech free time



Prioritise good sleep



Take your lunch break



Prioritise yourself













Set a timer for micro breaks throughout the day













Give yourself permission to be distracted - it's a brain break!

# Ideas To Recharge Your Mind and Body

## 10 ideas to recharge yourself mentally

-  Do something you enjoy
-  Socialise with friends and family
-  Express gratitude
-  Write in a journal
-  Take a break from technology
-  Listen to music
-  Get organised/declutter
-  Be creative
-  Practice meditation or mindfulness
-  Practice calming breathing techniques

## 10 ideas to recharge yourself physically

-  Go for a walk
-  Exercise
-  Have a warm bath
-  Stretch
-  Get more sleep
-  Eat healthily
-  Have a massage
-  Take a nap
-  Enjoy nature and the outdoors
-  Practice progressive muscle relaxation

# Scheduling Your Recharge

It is important to have these breaks and recharge opportunities booked in your diary so you know you can plan for them and stick to them. This will also keep you motivated to achieve your wider goals.

The first thing you need to do is determine what makes you feel recharged - only you know what makes you feel truly refreshed.

## What recharges YOU?

Once you have identified your personal recharge activities, you should schedule them into your routine, ensuring that your breaks are evenly spread out and balanced.

**Using the weekly planner below, note down what micro, macro and strategic breaks/activities you will complete each day to recharge.**

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday