

RESILIENCE KICKSTART KIT

# Afternoon Rituals



# Don't Let the Day Get Away From You

We've all felt that mid-day slump. That's the time where we'll reach for some chocolate, another cup of coffee or get lost in social media land... but this is actually the perfect time to recharge using your resilience rituals. The middle of our day offers us a new opportunity to recharge, re-energize and pick ourselves up with healthy practices and go-to rituals. Remember, this is the time of day to give yourself a loving pick-me-up and stay on track with your healthy habits. When you get this part of the day right you truly set yourself up for greater success in the evening with your wind-down practices.



## INTERNAL VS. EXTERNAL RECOVERY

Experts agree that resilience requires both internal and external recovery. Internal recovery is the shorter periods of recovery or relaxation that we engage in during our workday or within a work setting. When we go, go, go, we deplete our mental and/or physical resources for any given task. We require breaks to recover, even if it is just shifting our attention or changing to other work tasks. External recovery refers to breaks we take outside of work, like our free time at night, on the weekends, holidays or vacations. It's critical to our performance that we take these breaks, even when we don't "feel" like we can. Not using our free time is short sighted for sure. One practice we recommend is that, as much as possible, we don't use our weekends to "catch up". Unless we balance it with the proper amount of recovery, we're spent on Monday. Definitely not a good way to start the week!

### RESOURCES:

The Change Proof Podcast with Adam Markel  
Binaural Beat Recordings  
Headspace, Mental Workout Apps  
Biofield Tuning Fork  
Offtime or Unplugged App  
Focus Keeper App



# When & For How Long?

There are many different guidelines for how often you should break and for how long. There is evidence that mental focus, clarity and energy cycles are anywhere from 90-120 minutes long at which point you could break. There are apps using the Pomodoro Method, promoting a 5 minute break after 25 minutes of focus, followed by a longer break after a number of these focus sessions. One expert indicates that we only have about 3 hours of focused and productive mental capability a day! Our "prescription" is the "2:1" rule which is similar to exercise routines like Tabata which alternate high intensity activity (whether it's mental or physical) and recovery using a 2 to 1 ratio.

Corporate athlete expert Jim Loehr notes that if you have too much time in the performance zone, you need that much more time in the recovery zone to avoid burnout. Mustering your resources to push yourself to "endure" requires burning even more energy in order to overcome your currently low arousal level. It also exacerbates exhaustion. The more we push and overwork ourselves, the importance of recovery rises in proportion. This results in us requiring even more recovery to return ourselves to a balanced, productive state than we might have otherwise required. Which, in our hectic lives, is even more challenging. So don't skip recovery!

# Give Your Mind a Break

Most of us know that taking a break is important to recovery. However, for many of us, even though we've stopped what we're doing, our mind is still stuck in the same place. It's important to realize that just stopping does not equal recovery! Our brains need a rest as much as our bodies do. So make sure that you engage in recovery activities that avoid high mental arousal states. Some suggestions are:

- **Listen to a Podcast** (that won't raise your blood pressure!)
- Close your eyes and **listen to relaxing music**, especially if you love the words and can focus on singing along! Try music that utilizes Binaural Beats for maximum impact.
- **Meditation** - The benefits of meditation are well documented and provide a much needed mental break.
- **Remove yourself from technology!** Even if you have to use an app to do it, the importance of the break trumps the irony ;-).



# Create a State Change

In our work training speakers, one of the most important things we teach is that of creating state changes for the audience to keep them engaged for maximum learning and impact. This is often one of the best ways to recover too. A state change is anything that creates a mental or physical shift. Try these suggestions during the day:

- **Play energetic music** at that time of day when you lack of energy or find yourself getting more and more lost in thoughts.
- **Engage in laughter!** We love having a 30-second impromptu laugh session.
- **Just plain move your body** in a different way. We have a rebounder in our workspace that is great for a mid-day bounce and pick me up.
- **Invest in a standing desk** and stand up to complete a task.
- **Give yourself a massage** using a tool like (our favorite) the Accu-Hook.
- **Take 10 minutes to tune into good vibrations** using a Biofield Tuning Fork
- Engage in Qi Gong or Yoga.
- **Take a 20-minute walk** outside in the fresh air - even hug a tree!
- My personal favorite: Put your feet up on wall and **take a 20 minute power nap**. This allows your blood to circulate in a new direction and relieve some stress from your feet and legs. It's truly incredible! Yes, this one definitely requires the right work environment...



# Don't Forget Nutrition

Have you ever heard the saying we are what we eat!? We tend to agree with this statement and believe that the more nourished we are, the more resilient we are. You wouldn't drive your car without any gas in it... so why do so many of us choose to do that to our bodies? It takes just as much time and energy to make an amazing decision as it does to make a poor one. So let's talk about some amazing ways to incorporate nutrition and proper nourishment into your daily routine:

- Instead of 3 large meals, **have 5-6 "mini" meals throughout the day.** Ensure they balance protein and low glycemic healthy carbs or vegetables.
- **Stock up on the good stuff** - think dark leafy greens, vegetables, fruit, seeds and more!
- **Commit to making your daily green drink!** This is a GAME CHANGER and it's so simple to do.
- **Always have a healthy protein bar on hand.** We love the Rx Bar and Bulletproof Bar! Go for something that's high in protein and low in sugar.
- **Incorporate some amazing supplements** to add extra vitamins, minerals and antioxidants into your body. Make sure to speak to a doctor that can help you identify what you're deficient in and can create a specific protocol for you and your health goals.
- **Replace your second cup of coffee with a turmeric ginger latte** or as it's called at coffee shops, a "golden milk." Turmeric has incredible anti-inflammatory properties and supports the body in so many ways. It's a great way to still get something warm and delicious without the caffeine surge!
- **Drink water!** And to enhance the impact, add a pinch of himalayan salt to further hydrate your cells! You can also add 1 tsp of apple cider vinegar to your water to support your entire system.
- Feeling peckish during the day but know it's out of habit versus hunger? Don't turn to the vending machine! Instead create a "state change" and refocus your attention. For example, **have a ball at your desk that you can roll under your foot.** This will also provide some of the same benefits as acupuncture.



# Afternoon Ritual Worksheet

Use this space to create your own Resilience Plan! You can pull from any of the ideas we've shared and/or add your own unique rituals into the mix. Be specific and try new things :-). Type your answers below or print and handwrite your answers.

## SET A SCHEDULE FOR YOUR AFTERNOON:

What might get in the way of achieving your plan? How will you address these things and hold yourself accountable for making progress towards your plan?

Give Yourself Feedback: What worked for you this afternoon?

What didn't work for you this afternoon?

What could be done differently?