

Hey, everyone,

Welcome to the Week Three Rest, Recover & Play tip. This week we've been talking about personalization. Today's tip is all about personalizing the activities that energize you.

In a previous Play Tip, we talked about the importance of contrasting activities for rejuvenation. Recovery is achieved through contrast. If you've been active, choose non-physical, or passive, recovery like reading a book or taking a nap. But, if you've been sitting at a desk most of the day, you need active recovery like yoga, walking, or other low-intensity physical activity.

This week I'm going to ask you to think about what your "energizing" activities are. These will differ from person to person, and what one person finds energizing another might find agitating.

If I've been highly focused mentally or seeing patients for several hours, I like to do activities that are physically energizing and don't involve a lot of cognitive energy. This might include taking a walk or a hike, going on a bike ride, going surfing, doing qi gong or tai ji or yoga, or working out.

Likewise, if I've spent most of the day researching or writing by myself, I find it energizing to connect with other people. I might have lunch with a friend or colleague, play with my daughter when she gets home from preschool, or go on an outing somewhere with my wife and daughter.

Your assignment for this week is to make a list of your "energizing activities" and try to incorporate one of them into your day each day. This shouldn't involve major changes to your schedule; it can be as small as a fifteen-minute walk or a twenty-minute game with your kids. Often enough to break up the routine and provide a cognitive break is all that's needed.

Okay, that's it for now. See you next time.