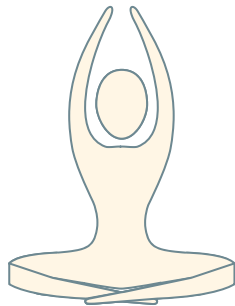


Restorative Activities

Energy management is an important aspect to maintain a balanced life. In our day to day routines, we may forget to participate in restorative activities, that is, activities we enjoy.

Restorative activities do the following:

Energize
Focus
Motivate
Uplift mood



Examples of restorative activities:

Hot showers
Breaks
Naps
Hobbies

My restorative activities:

How can I *increase* restorative activities this week?

Ex. Plan breaks into schedule, takes walks, sleep earlier, meditate, etc.

