

# Recharge Week



## HOW TO RECHARGE

Unplug from (negative-)	Plug into (positive+)
8+ hours sitting at a desk	<b>Exercise:</b> Go for a quick walk during your lunch break or after work to keep your body loose. Aim for <u>30 minutes</u> of moderate activity a day.
Staring at screens	<b>Nature:</b> Get grounded outside. <u>Looking at green spaces</u> could help you recover from stress.
Sensory overload from ambient noise, bright lights, and scratchy clothes	<b>Aromatherapy:</b> <u>Research</u> suggests that inhaling essential oils is beneficial for stress, anxiety, and sleep quality.
Tension	<b>Progressive muscle relaxation:</b> A <u>2019 study</u> of veterinary students found that this technique improved relaxation.
Shallow breathing	<b>Deep breathing:</b> Take in more oxygen to signal to your nervous system that things are calming down.
Afternoon coffee(s)	<b>Nap:</b> A <u>coffee nap</u> can actually improve your memory, mood, alertness, and motor performance.
Sitting for long periods	<b>Meditative movement:</b> For a double charge, try meditative activity like yoga or tai chi.
Cutting corners on bathing and grooming	<b>Hydrotherapy</b> (a fancy word for <u>a bath or shower</u> ): Luxuriate in it, exfoliate, and emerge as if you're being reborn.

For the "How to Recharge" can you please reference the website Beyer, A. L. (2024, October 28). 16 ways you can recharge and establish restorative habits. Greatist. Medically reviewed by J. Litner, PhD, LMFT, CST.  
<https://greatist.com/live/how-to-recharge#16-ways-to-get-a-charge>