

THE SCIENCE *of* RECOVERY

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SportPsych Consulting is Southeast Asia's very first and largest sport and performance psychology consultancy established since 2006, with offices in Singapore, Indonesia, Malaysia and the Philippines.

Misunderstandings of Resilience

- Adults usually believe that to become successful and mentally tough, one should work continuously without taking recovery into account.
- This starts at childhood and at school (like pulling all-nighters to finish an assignment) and the habit is brought over to adulthood.
- However, our brains need to rest too.
- In order to perform at our very best, we should not forget to pause and recover.
- Engage in internal (e.g. taking breaks at work) and external (e.g. taking vacation leaves) recovery periods.
- By taking the time to recover, you will also become more productive, thus increasing your chances of becoming more successful (such as being promoted at work).

Recovery = ?

- Recovery = Balanced Nutrition
 - + **Wakeful Rest***
 - + **Sleep***

Notes:

Why is Rest & Sleep Important?

Inadequate mental recovery:

- impaired cognitive functioning
e.g., make poor quality decisions
- burnout**

What is burnout?

- Emotional and physical exhaustion
- Feel lesser sense of accomplishment
- Work / study devaluation
(feel detached or dislike of the domain)

6 Wakeful Resting Experiences

1. **"Switch off"** and _____ think about work / study
2. **Take a break** from things that are mentally demanding
3. **Take control** and do something you want
4. **Change** up your normal routines
5. Catch up on **other important matters**
6. Have a life **outside of work / studies**

Notes:

Create a Mental Rest Plan

1. **"Switch off"** and _____ think about work/study
 - Focus on something else
 - e.g., hobby
 - cook
 - Avoid things, people or places that remind you about work/study
 - e.g., put work / books out of sight
 - spend time with family members & friends from other social groups
2. **Take a break** from things that are mentally demanding
 - Low mental demand activities
 - e.g., listen to music
 - watch TV
 - Low mental demand environments
 - e.g., nature
 - home
 - be with loved ones
3. **Take control** and do something you want
 - Plan ahead and schedule some **"me time"** outside of your work / study commitments
 - Do **what you want** (or nothing at all!)
4. **Change up** your normal routines
 - Activities
 - e.g., read
 - try a new dish
 - Locations
 - e.g., try a different route
 - People
 - e.g., connect with friends or relatives you meet less often
5. Catch up on **other important matters**
 - Set aside time to complete postponed matters
 - housework
 - outstanding matters (e.g., taxes!)

6. Have a life **outside of work / studies**

- Do things that are personally important to you
 - e.g., hobbies
 - interests
 - spending time with friends and family

Sleep

- Prioritize getting **enough sleep** regularly over napping or sleeping in
- **BUT, a nap in the day-time (NOT ideal)** may help to supplement limited night-time sleep
- Have a wind-down plan:
 - **Progressive relaxation** (e.g., Wave of Relaxation)
bit.ly/wave-of-relaxation
 - Manage negative thoughts or **worries** (e.g., affirmations, positive self-talk)
- Practice good sleep hygiene
 - Comfortable temperature
 - Dark and quiet bedroom
 - Avoid caffeine, alcohol and heavy meals too close to bedtime
 - Avoid high-intensity exercise right before bed
 - Get some natural light in the morning

Notes: