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How to Recharge Your Body and Mind

Do you feel overwhelmed? It may be a sign that you need to recharge. Endless to do lists, double-booked calendars, and ongoing family responsibilities can leave you feeling depleted. Burnout can creep up quickly, and often at the most inconvenient times. That is why it is essential to create space to recharge your body and mind on a regular basis.

Here are some things you can try when you need to recharge:

Do therapeutic yoga

Therapeutic yoga² has been shown to improve flexibility, strength, and even lung function. The movements commonly associated with yoga also help relieve muscle tension.

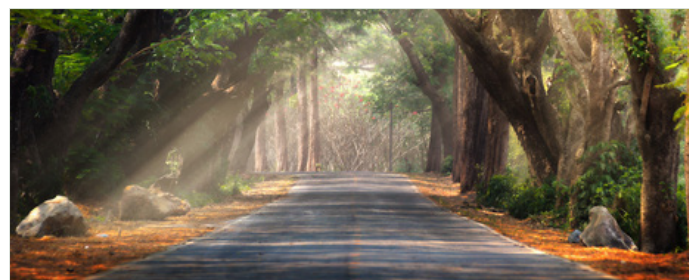


Take a cold shower

Being immersed in cold water causes blood vessels to constrict, thereby increasing blood flow. This increases the amount of oxygen that gets supplied to your cells, and helps remove toxins more quickly. Athletes are known to use ice baths and cold showers as a way to speed up the post-workout recovery process.

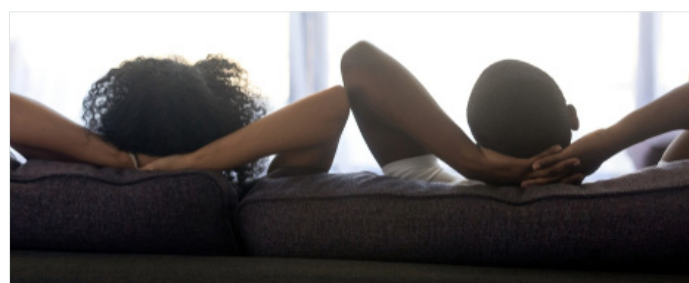
Get some nature therapy

Spending time outside in nature, sometimes referred to as forest bathing, has shown³ promising results with reducing depression, anxiety, and fatigue. The simple act of taking a walk outside can be an effective way to clear your mind and find creative solutions to problems.



Sleep

Getting at least seven hours of restful sleep each day is essential for good health. Sleep enhances cognitive function, which is essential for good problem-solving and reasoning skills.



Take some time to experiment with different recharging strategies to see which ones are the most effective for you.

2. <https://www.psychologytoday.com/us/blog/how-healing-works/201905/how-recharge-your-mind-and-body-therapeutic-yoga>

3. <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/spend-time-in-nature-to-reduce-stress-and-anxiety>