



Restore

Create conditions that make rest and recovery easier

WAKE ANCHOR

A consistent-ish wake time can help your body know when the day starts.

WIND-DOWN CUE

Use one repeatable cue that tells your brain the day is closing.

SLEEP SPACE

Make the room as comfortable, dark, quiet, and cool as your situation allows.

60-second reset

1

Notice

What is happening in my body or mind?

2

Exhale

Let one breath out slowly; do not force it.

3

Choose

What is the next useful thing?

What is draining me?

What helps me recover?

One change I can try tonight

One way I can protect recovery time this week