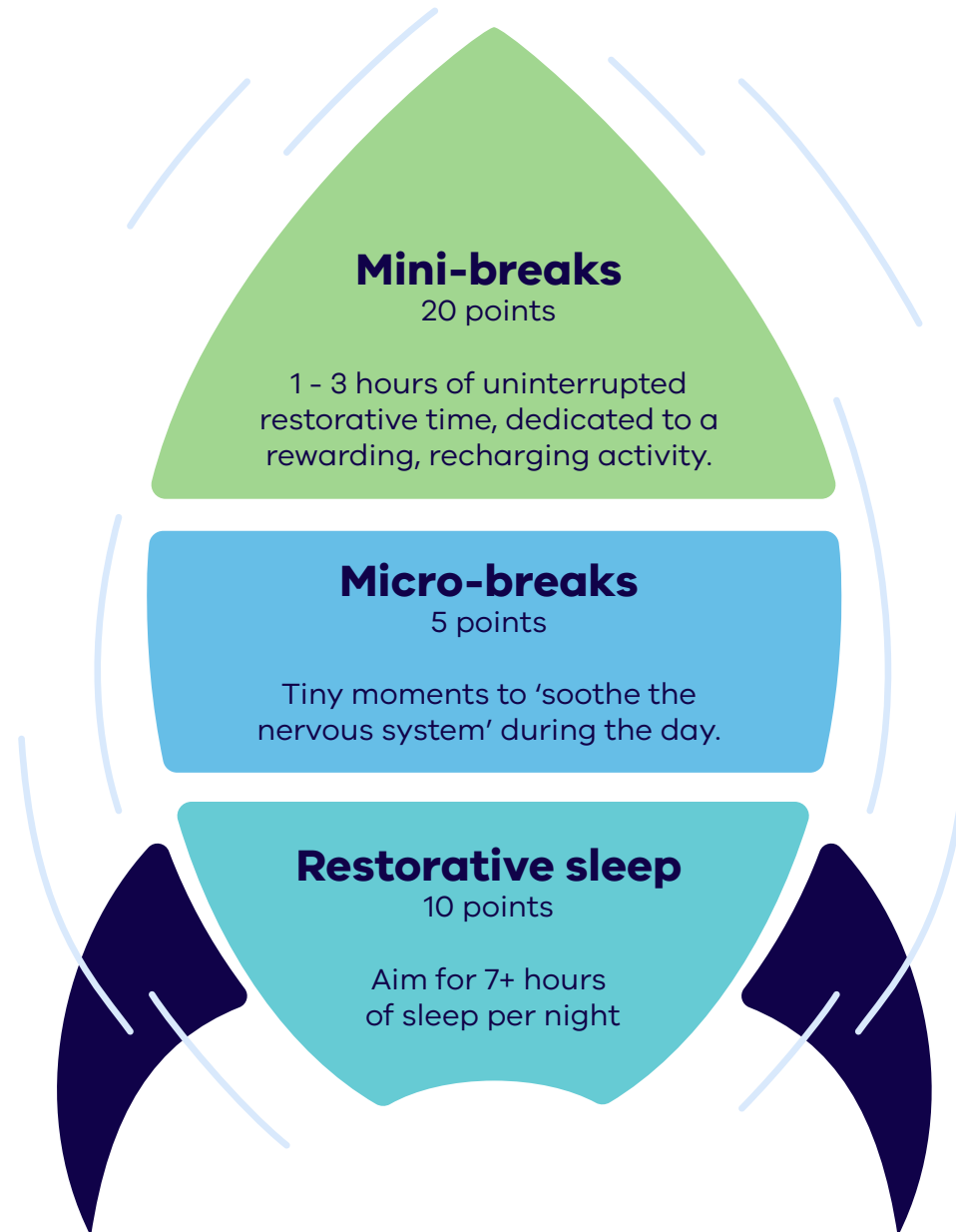


Can you fuel your recovery rocket?



Based on the research of Andrew May,

How will you fuel your recovery rocket?

Mini-breaks

20 points

1 - 3 hours of uninterrupted restorative time, dedicated to a rewarding, recharging activity.

Micro-breaks

5 points

Tiny moments to 'soothe the nervous system' during the day.

Restorative sleep

10 points

Aim for 7+ hours of sleep per night

Total recovery points: _____

How will you fuel your recovery rocket?

Mini-breaks

20 points each

1 - 3 hours of uninterrupted restorative time, dedicated to a rewarding, recharging activity.

- Time spent with friends
- Walking in nature
- Taking a soothing bath
- Reading a favorite book
- Watching a cherished feel-good film
- Attending a community class or event
- Taking part in a team sport or activity
- Dedicated time to a hobby you love
- A nourishing meal with loved ones

Micro-breaks

5 points each

Tiny moments to 'soothe the nervous system' during the day.

- 3-minute stretch break
- Share a laugh with another person
- Mindfully eat a favorite healthy snack
- Hold your wrist and breathe deeply for 1 min
- Listen to a song that lifts your mood
- Step away from your desk for a tea or snack
- Get a hug (from yourself / a friend / a pet)
- Take 5 minutes outside

Restorative sleep

10 points

Aim for 7+ hours of sleep per night

Support better sleep by:

- No screens 30 minutes before bed
- Make sure your room is dark, quiet and not too warm
- Exercise throughout the day
- Read a favorite book
- Try a sleep meditation or sleep story
- Prioritise a comfortable mattress, bed sheets, and pajamas.

Alternative format

To receive this document in another format, email the Centre for Workforce Excellence, cwe@dffh.vic.gov.au.

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Available at <https://www.vic.gov.au/recovery-rocket>

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