

## Renew: Supercharge your body & brain | Tools & tips 1



To have more energy, reflect on how you renew

# Renew

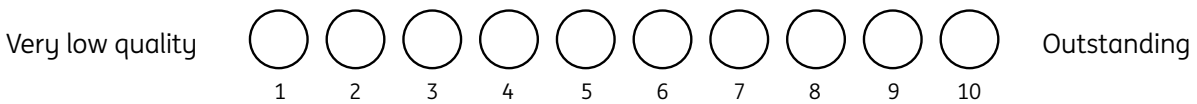
We live in a society that favours and rewards continuous action and in a world that is continuously changing. Increasing demands, uncertainty and insecurity take an ever-growing toll on us. A mindful recharge of our batteries is an absolute necessity if we are set not just to survive, but to thrive.

# Physical renewal

Your body is the vehicle you use to cruise through life. All too often, we pay attention to it only when it doesn't function well – when something hurts badly or when we're sick. It is no exaggeration to say that many of us treat and service our cars with more respect (and annual tests) than we treat our body!

## Eat

- On a scale of 1 (very low quality) to 10 (outstanding), what mark would you give your daily diet?



- What steps have you taken to improve the quality of your diet? And how far have you taken them?

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## Move

- What is your regular physical exercise or movement routine?
- How many minutes/hours per day/week do you dedicate to it?
- To what extent does your physical activity energize or drain you?
- How often do you spend time in nature?

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# Sleep

- How many hours a day do you dedicate to sleep?
- What measures do you take, if any, to increase the quality of your sleep?

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# Relax

- How many mini-breaks do you take on a typical work day?
- How many mini-breaks a day do you take where you do not check your phone?
- How often do you allow yourself a power nap in the middle of the day if/when you need it?

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# Mental renewal

The relentless cognitive load we're exposed to is a potential energy drain, with many people reporting a difficulty to switch off mentally, especially now that the line between work and home is almost non-existent.

**Take a moment to reflect on the following:**

- How often do you find yourself working in the evenings/nights?
- How many hours before bedtime do you switch off your laptop?
- How many times a week do you wake up in the early morning and are unable to go back to sleep?
- What is your ritual or signal to yourself (if any) that work is over for the day until the following morning?
- How often do you spend time on fun, non-work related mental activities, such as crossword puzzles, learning to play a musical instrument or reading (or any other)?
- Do you have a regular practice for mental calm, such as meditation, mindfulness or listening to music?

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# Emotional renewal

Emotional renewal is largely about spending quality (and sufficient) time on activities that bring you joy. By joy we mean going further than momentary pleasure, such as eating a large tub of Ben & Jerry’s while watching Netflix (although that counts, too, if it helps you emotionally).

With emotional renewal we ask you to reflect on what you truly love doing that energizes you, and on the time you spend connecting with people who make you feel upbeat and energized.

## Take a moment to reflect on the following:

- What activities do you enjoy so much that when you engage in them you forget about the time?
- How many hours a week do you dedicate to these activities?
- Complete the following sentence: “I can really let my hair down when”.
- When was the last time you did this?
- What is your favourite hobby? How often do you engage in it?
- Who are the people in your life who energize you the most? How much time a week (physically or virtually) do you spend with them?
- Who are the people in your life who drain you emotionally? How much time a week (physically or virtually) do you spend with them?

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# Purpose and meaning renewal

Times of crisis and big change can stop us in our tracks and force us to re-evaluate our life paths. Such periods can definitely cause anxiety and sleepless nights; but they can also be a wonderful opportunity to take stock of where you are in life, grow and develop. When the world around you is moving and shaking, there is every reason for you to adapt and change.

**Take a moment to reflect on the following:**

**Hand on heart, how satisfied are you with your current life?**

Not satisfied                     Very satisfied

1      2      3      4      5      6      7      8      9      10

- **If you could change one thing about your own life (not related to COVID-19), what would it be?**
- **If you could do anything you wanted, anything at all, what would it be?**
- **What are the three most meaningful values in your life? Those values that are the most important to the person you are.**
- **To what extent do you live or apply these values in your day-to-day life?**
- **When was the last time you learned or did something new and exciting?**
- **How much time a year do you invest in learning new skills or trying out something new?**
  
- **On a scale of 1 – 10, how well equipped do you feel you are to deal with an uncertain reality and an unclear future?**

Not well                     Very well

1      2      3      4      5      6      7      8      9      10

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# Additional reflection

As a suggestion, you might want to give your answers to the above questions an honest score (from 1 – 10). Do this intuitively, without too much analysis.

**Take a moment to reflect on the following:**

**What is your average score?**

Low score      ○   ○   ○   ○   ○   ○   ○   ○   ○   ○      High score  
                    1   2   3   4   5   6   7   8   9   10

- How well do you take care of your personal renewal on all levels?
- Which area needs the most attention in your opinion?
- Which areas help or are likely to help you most with your personal resilience in times of fast change?
- If you had to pick one area or activity where a conscious focus on recharge would bring the best return on effort, what would that be? And what can you do, or what help do you need to make this happen?

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It's your own body, mind and spirit we're talking about here, so... - if you had to pick one area where a conscious focus on recharge would bring the best return on effort, what would that be? And what can you do, or what help do you need to make this happen?

**We look forward to meeting you at the training session.**