

# Boost Performance

How to truly take a break  
and recover.

BODYMIND

## \_For you, if...

- You want to be back in top shape!
- You want to increase performance & productivity.
- You want to simply feel good about your own rhythm.

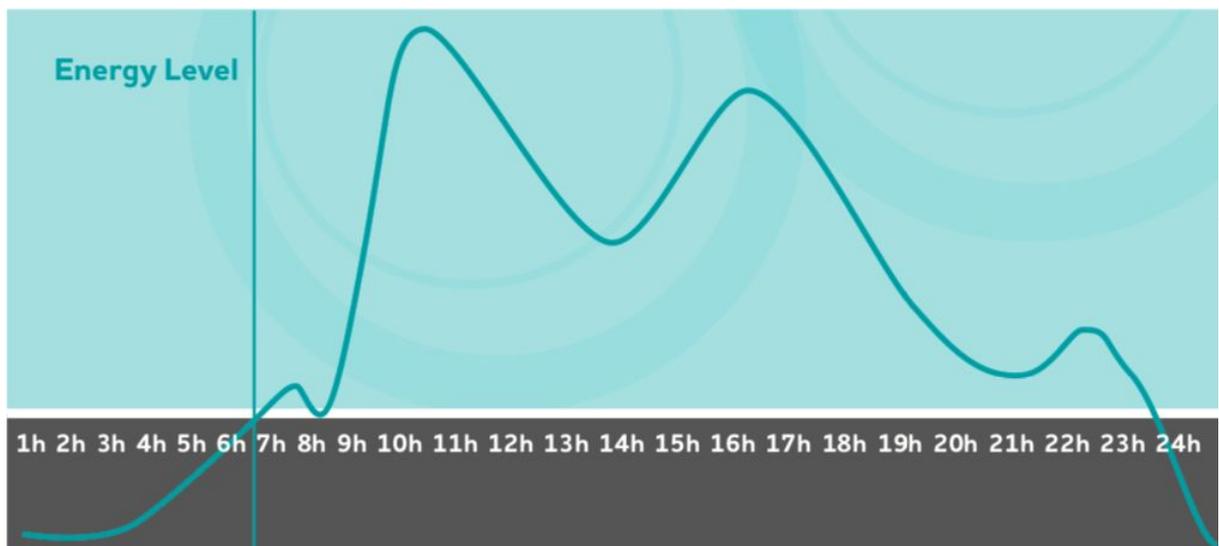
### Try This! \_Quickies

5min



#### Snapshot your Energy Levels

Take a quick look at our ebook [Bounce Back](#), page 12, and discover your own daily biological “energy” rhythm. We all have highs and lows, and most likely at slightly different times. Start by reflecting on a typical 24h day. Then extend to a typical week, month, and year. You’d be surprised by your own chart if you share that exercise with a colleague or friend.





## B Prime your Subconscious

It's been proven that images, sounds, and feelings are all endlessly stored in our subconscious. It's therefore highly important that you treat yourself with nice moments:

- Spend time in and observe nature
- Have a laugh with friends
- Watch a beautiful movie that touches you
- Read an inspiring book (check our [blog articles](#) with recommendations)

**\_Take it further!**

**15min**

## *Sleep.*

I mean honestly and sincerely. Switch off all media devices you have, and sleep as much as your body allows you too.

Power naps are still a valid and effective way to recharging your batteries. It's great for beauty too! Our cells restore and renew when we rest. So drink loads of water, sleep and go for a quick walk in the sun as often you can.

Maybe these benefits will convince you to hit the pillow!

- ★ Boosts productivity & alertness
- ★ Enhances memory and learning
- ★ Helps your heart stay healthy
- ★ Recovers from cell damage
- ★ Relieves stress and boosts the immune system
- ★ Creates a brighter mood



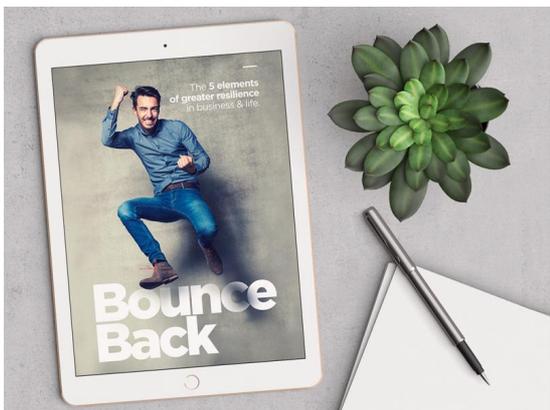
 **Your TakeAways**  
\_What do you know now?





## Let me know how you are getting on!

For more advice and solutions, check our whole library of [worksheets online](#), and watch the videos from our [Bounce Back Video Series](#) on YouTube.



For a quick read & tools, our *Ebook Bounce Back*, available by subscription or on [Amazon](#).

If you haven't had any experience with Coaching or Leadership training yourself, see what some of our clients took away from working with us:



Client Testimonial

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