



This week...

You need a 'Time Out'!

How is your week so far? Can you believe it is Wednesday already? Or even *mid-October* already? The days are moving quickly, and our brains are running at full speed to keep up.

Too much time in the performance zone requires more time in the **recovery zone**. Otherwise, you risk burnout.

The key to resilience is trying really hard, then stopping, recovering, and trying again. This conclusion is based on biology. **Homeostasis** is a fundamental biological concept describing the ability of the brain to continuously restore and sustain well-being. When the body is out of alignment from overwork, we waste mental and physical resources trying to return to balance before we can move forward.

The value of a recovery period rises in proportion to the amount of work required of us. **Internal recovery** (*versus recovery outside of work hours*) refers to short periods of relaxation throughout the workday in the form of intentional brief breaks. ***Our brains need a rest as much as our bodies do.***

This week in **ReFresh**, we bring you an intentional, restful break created by one of our own members, Katie Marren of SD 57. Enjoy **Mindful Minutes** - a short, guided breath and body awareness practice to restore calm – from your office chair or anywhere – and to give your brain recovery time. Enjoy, and reflect on how you feel when you are done.

Mindful Minutes

Katie has graciously offered to partner with us in this installment of **ReFresh**. We also look forward to Katie's partnership as she shares her knowledge and passion for well-being in the upcoming November and December editions of **ReCharge**.

If you would like to contribute, or have ideas about what you would like to see in the **ReFresh** series, we would love to hear from you: contact rochelle@bcprvpa.bc.ca