

SPACE TO BREATHE

MOMENTS THAT CAN INTENSIFY

RECOVERY AFTER OVERLOAD



THE LAST STRAW MAY BE
SMALL. THE LOAD UNDERNEATH
MAY NOT BE.

1

**Expecting instant
productivity**

2

More questions too soon

3

A noisy recovery space

4

Skipping food, drink or rest

5

Replaying what happened

6

**Feeling guilty for needing
time**

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER