



dip in to

# DOWNTIME

*JUST LIKE THE PHYSICAL BODY, THE BRAIN NEEDS A BALANCE BETWEEN FOCUSED CONCENTRATION AND RESTFUL DOWNTIME.*

There are loads of ways to let go of external distractions and allow your mind to wander.

**1 GET MOVING!** Walking, swimming, or going for a gentle jog can allow the brain to meander where it will. You also get bonus points for being outside. While you're absorbed in light activity, your creativity will benefit from a boost and your brain will be figuring out what to do in its next bout of focused energy.

**2 DAYDREAM.** This sounds free and unstructured – and it absolutely can be. But it can also be useful to plan what you'd like to daydream about, especially as this might help you avoid revisiting old worries and concerns. Use the time to dream about a place you'd like to visit, a goal you'd like to achieve or an experience you'd like to have from your bucket list.

**3 TRY A MINDLESS TASK.** It can be helpful to do something you don't have to think about, like colouring, doodling, or a household chore (which might even have the added benefit of making someone else happy!).

**4 HAVE A NAP.** If you're feeling tired or just want to clear your head, a short nap might provide the energy and inspiration you need. Just set an alarm for 20 minutes or so, lie down in a comfortable spot where you won't be disturbed, and allow your mind to drift.

If you get tired, learn to rest, not quit



Make a list of things that help your mind relax  
and return to it when you need inspiration

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