



WELLBEING "HEALTHY HABITS"

ENERGY RECOVERY



Unilever®

In today's world, we are experiencing a period of change and growth, at a speed in which we may not have experienced before. Technology, transport and world affairs are driving this quickening period. It is sometimes referred to as a VUCA (Volatile, Uncertain, Changing, Ambiguous) environment. Some of us enjoy and thrive during this period, for others it is a little more uncomfortable.

Personal energy is your life force – the renewable commodity that underpins everything you do and allows you to function. Every time you do something - or even think about something - you use some of it up. The good news is that, unlike some other forms of energy, personal energy can be renewed – if you know what to do and you can recognise when you need to do it.

In this context then, we are looking at the amount of energy you have, the quality of that energy and how you deploy it. Remember, you cannot manage time, it is finite, but energy can be expanded.

Personal Energy comes from four distinct but interrelated dimensions.

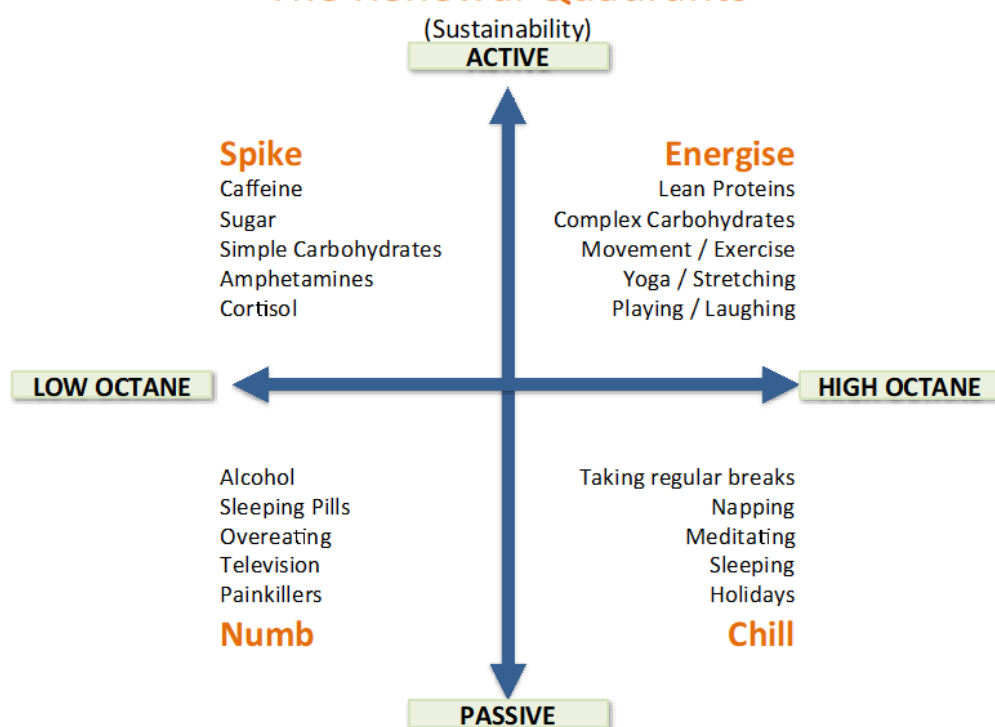
To sustain performance in the long term and have enough energy to live the life you want to lead outside of work, you need to build intentional recovery into your day. This should not be something you allow yourself when (if) you are 'caught up' with all your tasks.

It is an intentional allocation of time - we suggest 5-10 minutes in every 90, to be an investment in the next period of performance.

However, not all recovery activities are the same! You should be aiming for activities on the right-hand side of the quadrant!



The Renewal Quadrants



Identify at least two short energy recovery routines that you will start using today.

Also identify how you will know to do them if you forget e.g. what signals might your body be sending to you to remind you? Maybe you will set up an alert on your mobile phone or create a diary entry – the choice is yours.