



# Bounce Forward

## Energy and Recovery For Parents



# Thank you for downloading

Our pursuit of happiness has exploded over the few decades and inspired the ground-breaking research in positive psychology, the scientific study of human flourishing. Simply put, the study of the brain when it's working at its best, understanding the role of positive emotion, the magic of optimism, the value of determining our unique strengths.

Often referred to as the science of happiness, positive psychology helps us to understand that the behaviours and actions we can take that do matter. Making the choice to focus on the optimistic version of the road ahead, enables one to move forward, while choosing the pessimistic version, is more likely to see us give up.

## Recovery is something we should explicitly model and teach our children

We need time to recover, both physically and mentally. Top athletes know that recovery is essential to perform at their best when they need to.

Technology is advancing quicker than we can keep up with and right now it's leading our behaviour so we have to take back some control. Our children are not getting enough sleep, the demand for their attention is affecting their emotional wellbeing. Technology is great, and it's not going away but we need to be able to switch off, to look up from our phones, and to prioritise human interactions because we are social beings.

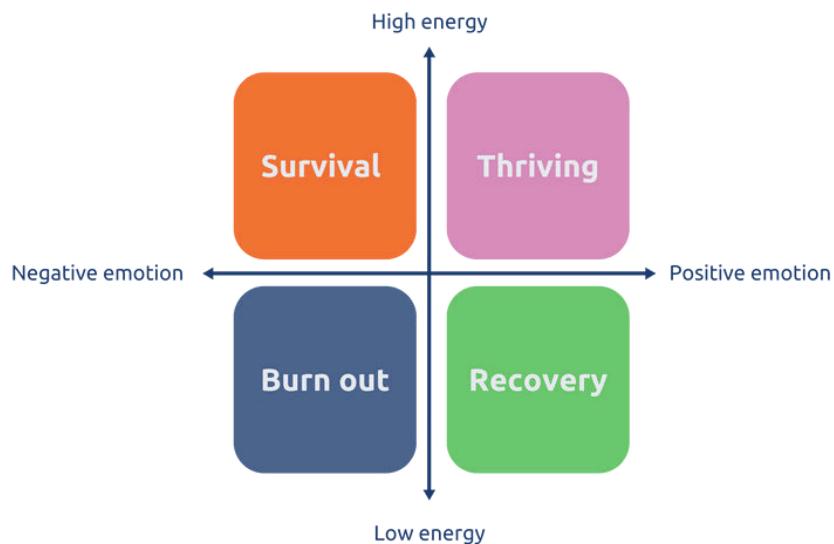
If you go a whole day and have spent more time looking at a screen than a human face, then you need to make a change tomorrow.

Slowing down our busy brains can be done in lots of different ways. Each of us needs a bank of ideas. Things that can be done in 30 seconds, 1 minute, 5 minutes, and longer things we can do when we have more time.

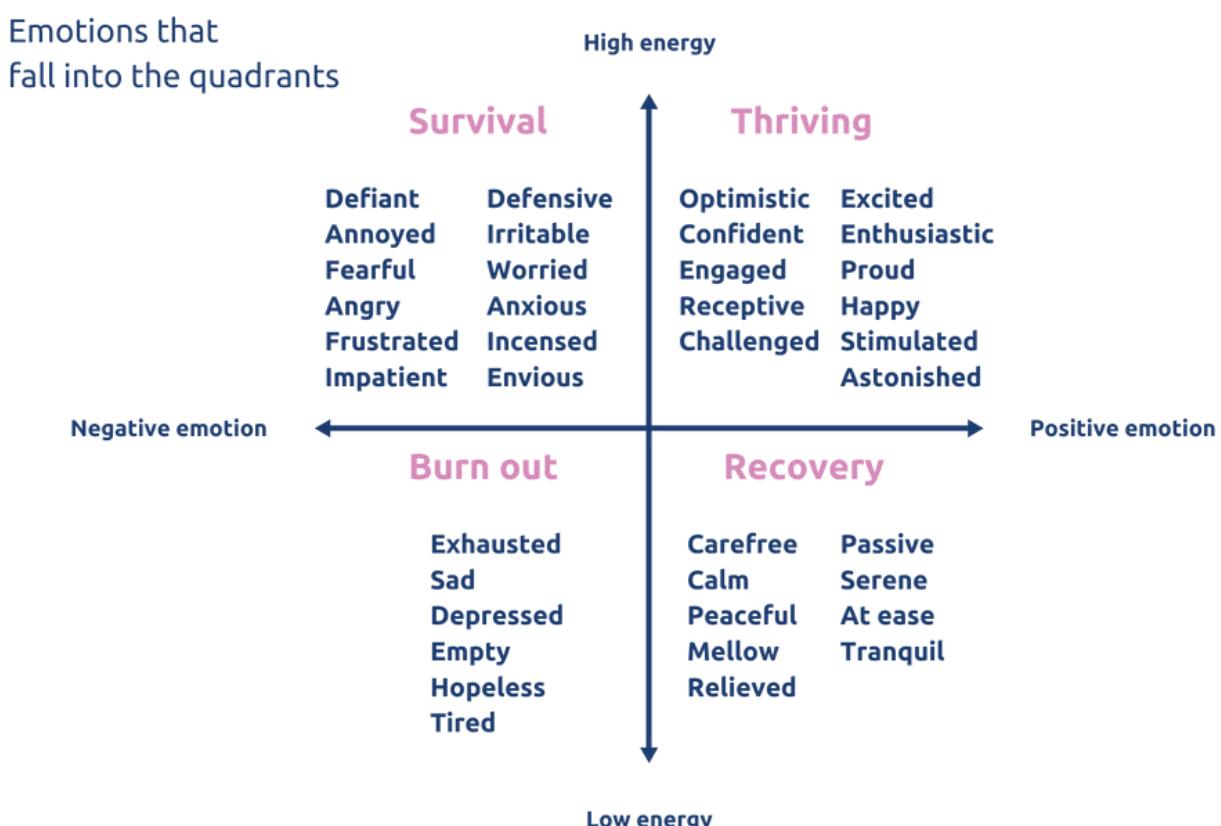
True recovery is not saving it all up for the breaks or school holidays. Recovery is the intentional things you choose to do each day. This is what builds psychological fitness.

# Energy and Recovery

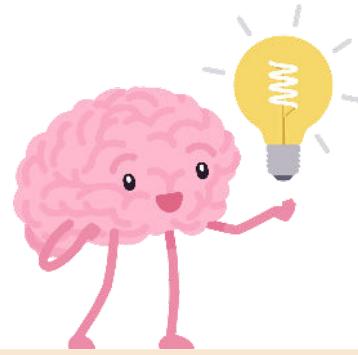
This framework helps us to think about the value and importance of recovery.



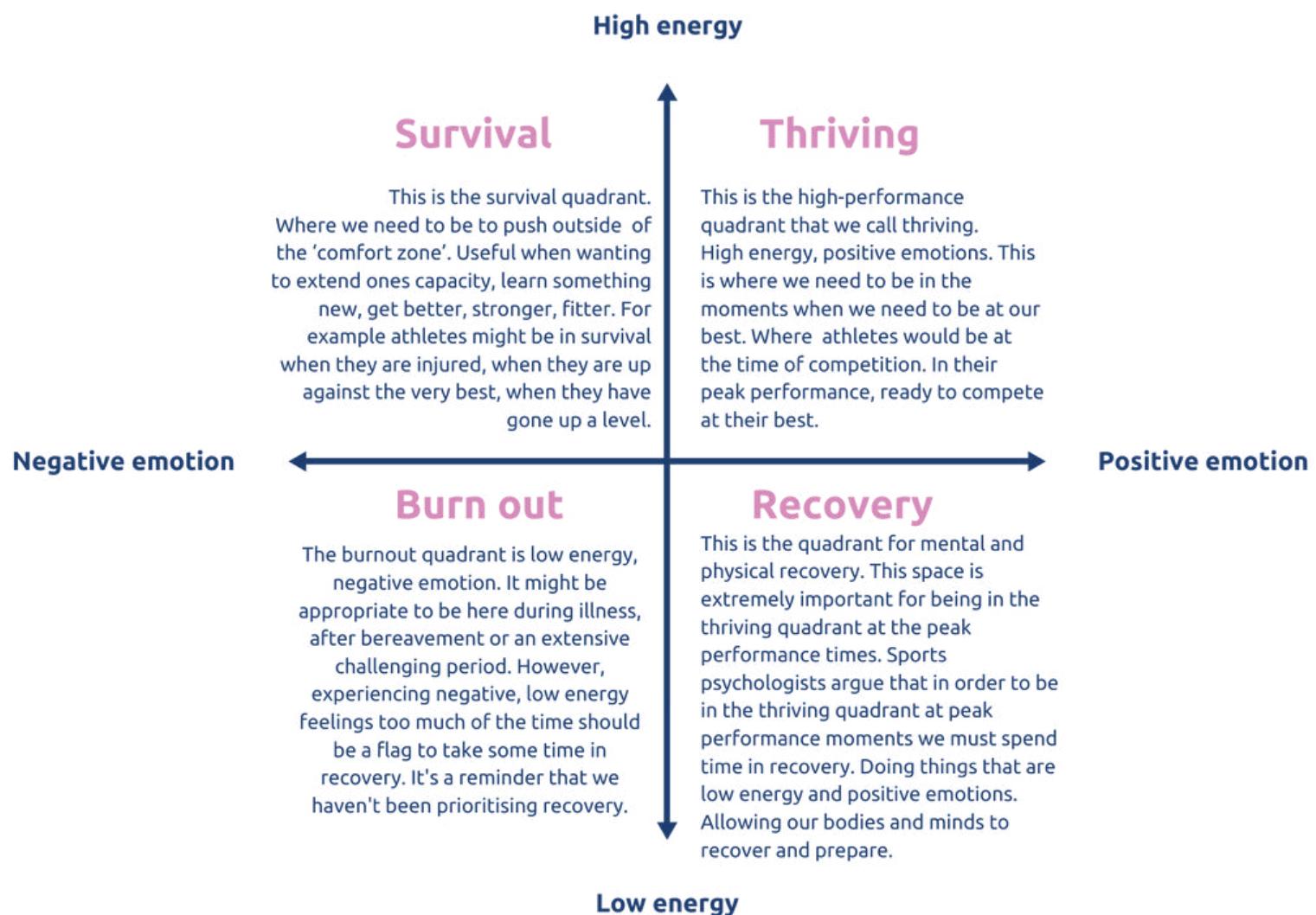
This framework helps us understand the energy of emotions as high or low and positive or negative.



# Energy and Recovery



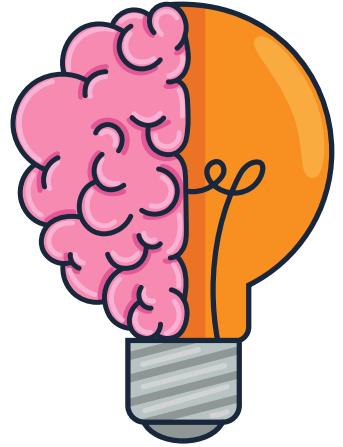
The quadrants of the framework are explained below...



Recovery is best for helping move out of burnout! If we do not know what recovery is for us, then it is much harder to think about once we are already in burnout.

# Something to try

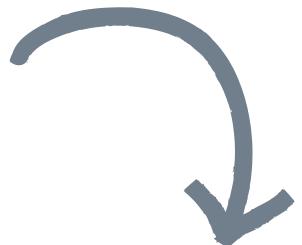
Think about where you have been on the grid in the last week. Draw the framework as an axis and write in the percentage of your time that you have been spending in each of the four quadrants. Now draw a second axis and write in the amount of time that if you had a magic wand, would be the right amount of time for you now.



Next, think about the things that you do that help you to experience emotions in the recovery quadrant, feeling carefree, calm, relaxed, at ease, mellow.



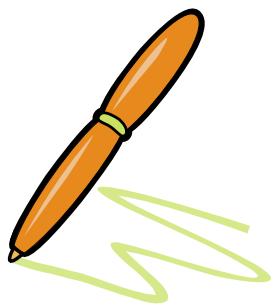
Next, think about the actions you can take to have more control of where you are on the grid. Use the ideas below, about the different types of strategies that are useful for harnessing emotions.



The aim is to have more than one strategy, things that can work across different parts of your everyday, and for different lengths of time. Some that take just 30 seconds, or 2 minutes, or 5 minutes as well as things that take longer.

**Write down some things that would be recovery for you**

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# What next?

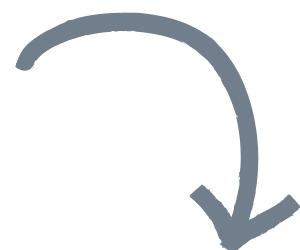
Practise using them, tweak them until they become more familiar, so they start to feel like part of your toolkit.



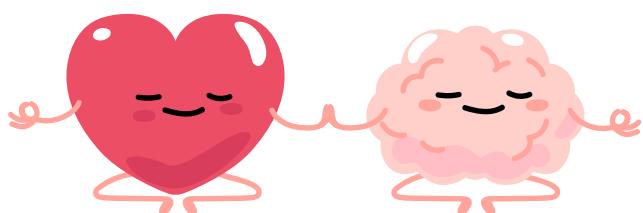
Take action to spend time in recovery when you need to. To recharge for a few minutes before the next moment when you need to be thriving. Use it to help you out of burnout in the times when life is difficult and draining.



When you are with your children, model that you value recovery. Name the actions that you take and show them you are taking those quiet, still moments seriously.



Find recovery moments together and then talk about how they help you to feel calm, relaxed, at ease.



# Ideas for recovery



## Bodily

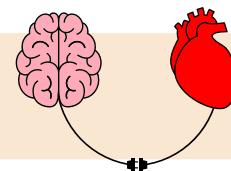
Using our body to create calm energy, to relax and release positive emotion.

Strategies include, breathing, mindful calm stillness, muscle relaxation.



## Cognitive

Using our thinking brain to distract us to reframe and channel our energy. Using mental resources to distract and focus. Strategies include mental games, focusing on something intellectually demanding, or focus on the world around you.



## Connection

Using our social capacities to remind us we are not on our own. Feeling close and valued is a fundamental human need and critical for our mental wellbeing. Strategies include talking (not necessarily about problems, but just talking to other human beings), sharing our lived experiences with others and seeking perspectives from other people.



## Imagination

Using the wonder of our brains to imagine anything we like, using all our senses to conjure images that we can lost in, manage difficult emotions, get away from the reality, relax and feel safe in. Strategies include visualisation, play, mental and sensory safe spaces.



## Physical

Using the body to create physical movement to release natural chemicals such as serotonin and endorphins that boost mood and help concentration. Physical activity provides stress relief which is good for physical health such as coordination and cardiovascular health and improve sleep. Strategies include everything from standing up regularly, walking, dancing, gardening, using weights, swimming.

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