

Recovery task

Imagine a bathtub filled with water. Then visualise how the water level begins to decrease if you pull the plug. Putting the plug back in stops the water from decreasing further, but it does not replenish it. For that, you need to add more water.

It's the same way with people: the water level represents our inner reserves and energy. Opening the plug and letting water drain out symbolises the energy we use up in work, studies and daily life. Closing the plug represents pausing our activities. We may think that pausing is equivalent to recovering, but recovery actually involves a lot more than just taking a break.

1. List three things that currently feel burdensome to you.
2. For each burden, list remedies or activities that could help you recover.
3. How do you recognise it when you are feeling burdened down?
 - a. What kind of thoughts do you have when your mind is burdened or under strain?
 - b. How does it feel to be burdened down?
 - c. How is feeling a burden reflected in your behaviour?
4. Think about how you could remind yourself to have the patience to really disconnect each day from your studies or work, thereby allowing time for your 'water level' to rise back for the next day.

