

PiXL Endurance



PiXL 
Endurance
to Perform

Rest and recover: do you have time?

In the lead up to exams, it can feel like you have very little time and you need to maximise every spare moment.



Rest and recover: the importance of breaks

However, just like any other muscles in our body, our brains need rest and time to recover in order to perform at their best.

<https://www.youtube.com/watch?v=W--ZESOVkqk>



Rest and recover: the importance of breaks

‘A field that has rested gives a bountiful crop.’

Ovid



Rest and recover: the importance of breaks

If we don't take the time to rest and recover, we risk becoming unwell, stressed, drained and eventually burning out.



Rest and recover: the importance of breaks

The power of rest:

- allows our bodies to regenerate
- helps us survive
- renews and restores cells
- keeps our bodies functioning well
- increases productivity and concentration
- replenishes our muscles, bones, tissues and cells
- improves our mental well being.



Rest and recover: the importance of breaks

‘No matter how much pressure you feel at work, if you could find ways to relax for at least five minutes every hour, you’d be more productive.’

Dr Joyce Brothers



How can we rest and recover?

The best ways for our minds and bodies to rest and recover are away from screens and to use our minds in a different and more relaxing way.



How can we rest and recover?

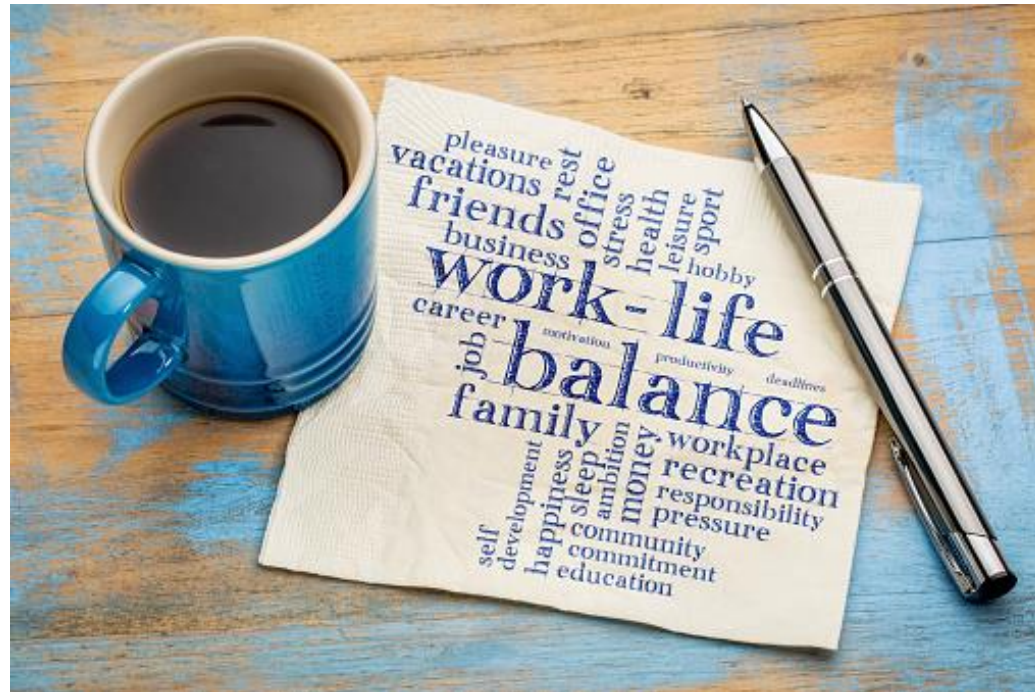
- learning a new skill
- sporting activity
- playing an instrument
- drawing
- reading
- writing
- yoga
- mindfulness
- jigsaw puzzles
- dancing
- painting



Life is a balancing act

Our bodies and minds will perform at their best when we have a balance in life:

- school/work
- family
- friends
- physical activities
- rest and relaxation.



‘The time to relax is when you don’t have time for it.’

Sidney J. Harris



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