Day Ten Activity:

Make time for genuine recovery.

Choose something you used to enjoy but you haven't done for a while. If nothing comes to mind, go looking through your past. Browse your bookshelf or Steam library. Look at some old photos. Try to figure out one thing that made your past self light up.



One way to make this easier is to **combine your recovery time with a meal**. Eating already creates a natural break in your day, so use that opportunity to switch to something more enjoyable, either during or straight after your meal.

Though, sometimes the hardest part of recovery is getting started. It's easy to keep scrolling on your phone because **switching to a different, more fulfilling activity takes extra effort.**

If you tend to scroll through social media during meals, try leaving your phone in another room and keeping a book, game, or something enjoyable nearby instead. This adds a bit more friction so it's not quite as easy for you to look at your phone.

I've been trying to read more instead of scrolling social media, so what I do is I put my kindle on the table before I sit down with my food, and then I leave my phone in the other room. So my book is right there, and my phone is far away, and that makes it easier for me to do the actual recovery time.

Think about what genuine recovery could look like for you over at least 20 minutes, and what you need to make it happen. Then give it a try today. I'll see you tomorrow!