

DO Therapy

Find a Recovery Move

Stopping an activity and recovering from it aren't always the same thing. We can stop working, parenting, studying, caregiving, or dealing with a stressful situation while remaining mentally and physically activated. This exercise helps you identify **one activity that actually helps your system recover rather than simply filling the time between demands.**

NOTICE

Think about a recent period when you felt depleted, overstimulated, emotionally drained, or mentally exhausted. Notice what you typically do afterward.

Maybe:

- Scroll
- Watch television
- Have a drink
- Keep working on smaller tasks
- Clean or organize
- Lie down
- Exercise
- Talk with someone
- Spend time alone
- Go outside
- Play a game
- Listen to music

Ask: **“When the demand stops, what do I usually do next?”** Then consider: **“Does that actually help me recover?”**

Choose **one situation where you regularly need recovery.**

REVIEW THE GAME TAPE

Think about what you are depleted **from**.

Maybe you've had too much:

- Mental effort
- Emotional demand
- Social interaction
- Decision-making
- Noise or stimulation
- Physical effort
- Responsibility
- Sitting or inactivity
- Isolation
- Uncertainty

Then ask:

- What kind of demand drained me?
- What does my system seem to need afterward?
- Which activities leave me feeling more restored?
- Which activities mostly distract me without restoring much?
- Am I using the same recovery strategy regardless of what depleted me?

Sometimes recovery works better when it provides something **different from the demand.**

PRACTICE

Choose **one recovery move** that matches what your system seems to need.

If you've had:

- **Too much thinking** → try movement or something sensory.
- **Too much interaction** → try quiet or time alone.
- **Too much isolation** → try connection.
- **Too much sitting** → try movement.
- **Too much stimulation** → reduce noise, screens, or input.
- **Too much responsibility** → do something without an outcome or obligation.
- **Too much emotional intensity** → choose something familiar, grounding, or predictable.

Practice: “**After** _____, **I will try** _____ **for recovery.**”

Keep it realistic. Recovery doesn't have to mean an hour at the gym, a day off, or a vacation.

Sometimes the useful dose is **10 intentional minutes**.

BUILD REPS

Try the same recovery move several times.

Notice:

- Do I feel different afterward?
- Did it restore energy or mostly occupy my attention?
- Does my body feel less activated?
- Am I more available for what comes next?
- Do different kinds of depletion require different kinds of recovery?
- What should I keep, adjust, or replace?

Over time, build more than one way to recover. The goal isn't to discover **the** thing that always works.

It is to develop a range of options so you can ask: “**What kind of recovery does this version of tired need?**”

DEMAND → NOTICE DEPLETION → MATCH THE RECOVERY → RESTORE CAPACITY

DO Therapy

NOTICE → REVIEW THE GAME TAPE → PRACTICE → BUILD REPS → TEST & LEARN

Notice what's happening. **Review the game tape** with curiosity rather than judgment. Choose something to **practice**. **Build reps** by trying it more than once and noticing what happens. Then **test & learn**—keep what helps, adjust what doesn't, and try again.

The goal isn't to get it right. The goal is to learn from what happens.