

# Creating a high performance team remotely

**1. The most effective day-time recovery periods have four characteristics. Note examples of breaks/activities that integrate as many of these characteristics as possible:**

## Relaxing

Any activity where cognitive load decreases.

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## Social

Interacting with people about non-work-related topics can speed up detachment from work.

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## Active

Movement can improve mood, cognitive performance and metabolism.

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## Natural

Spending time in natural environments is associated with better recovery and improved performance.

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**2. Define your 'one thing' to accomplish on each day in the next week:**

Day 1

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Day 2

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Day 3

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Day 4

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Day 5

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In partnership with

