

June 29, 2013

Recover - Be Functional

- Make time to rest your mind.
- Make time to rest your body.

Make time to rest your mind.

- There is no maintenance without relaxation.
 - Your body and mind need sleep and need down time.
 - Sleep is required to recharge the energy systems of the brain, do maintenance on the brain and the body, and to strengthen memories generated while awake.
 - The mind alone can cause chronic stress and continued release of stress hormones. Lack of sleep will also cause stress and the release of stress hormones.
 - With chronically elevated stress hormones in the blood, all long term efforts (maintenance, healing, reproduction, immunity) are postponed indefinitely.
 - Robert Sapolsky provides and in depth, but easy to read, look at the effects of chronic stress in *Why Zebras Don't Get Ulcers*.

Make time to rest your body.

- There is no adaptation without recovery.
 - Stress + Recovery = Adaptation.
 - Stress and recovery must be balanced to adapt and grow stronger. Without downtime, there is no getting stronger.

Book Recommendations

[Why Zebras Don't Get Ulcers](#) by Robert Sapolsky. The definitive guide on the effects of chronic stress. Easy to read and very, very informative.