

5 ways to fight fatigue

Follow the **Groov S-plan** to boost your energy

1. Sustain

Strategies to keep energy up during the day

Get natural light first thing in the morning

Fit bursts of exercise into your day

Snack, hydrate, and take breaks

2. Switch off

Ways to switch from work to home mode

Make peace with your limits

Write an 'exit lists' of things to do tomorrow

Use your commute to transition

3. Soup up

Strategies to restore and recharge

Do something you enjoy

Eat delicious, nutritious food

Move in a way that feels good

4. Settle down

Strategies to wind down for sleep

Read, write, or soak

Listen to something relaxing

Dim the lights

5. Sleep

Strategies for better sleep

Think of three good things from the day

Keep your bedroom dark, cool, and quiet

Remove devices and screens