

# 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