

# Becoming a Burnout Proof Executive Athlete

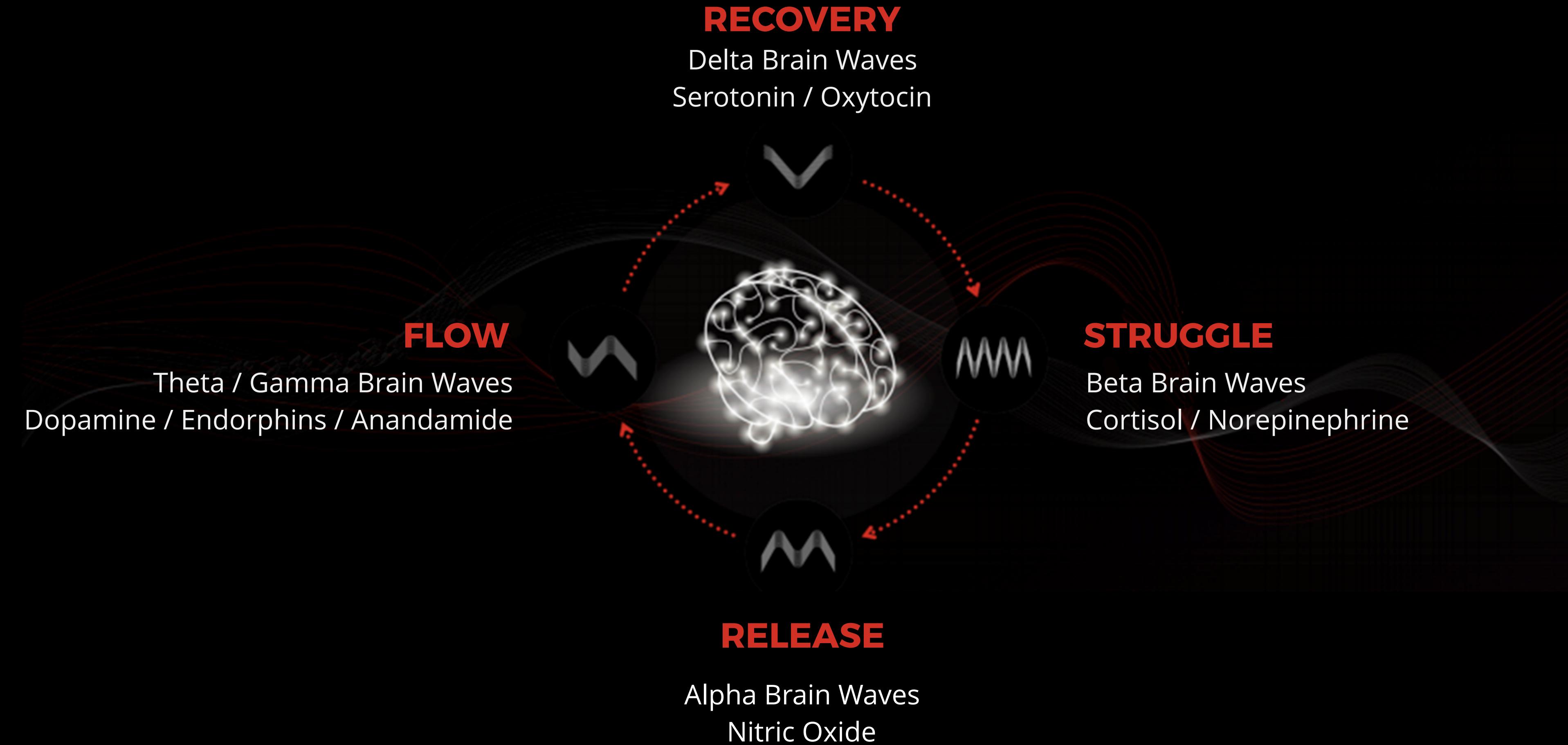
# Today's Gameplan

- 1 Oscillation - The Rhythmic Life of an Executive Athlete
- 2 Learning to Live Like a Lion
- 3 The Difference Between Active and Passive Recovery

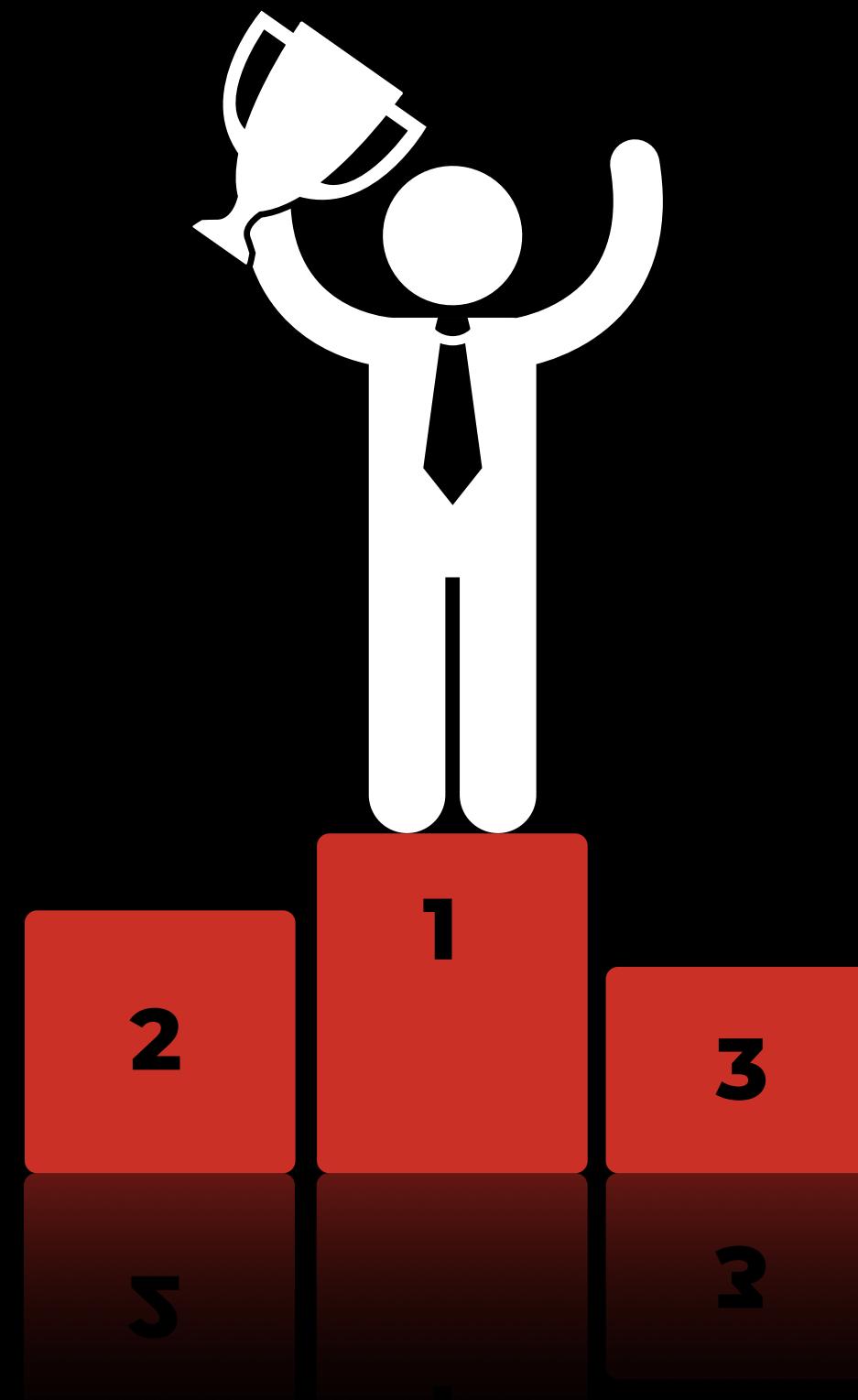
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# What Happens When We Build the Flow Cycle into Our Lives?

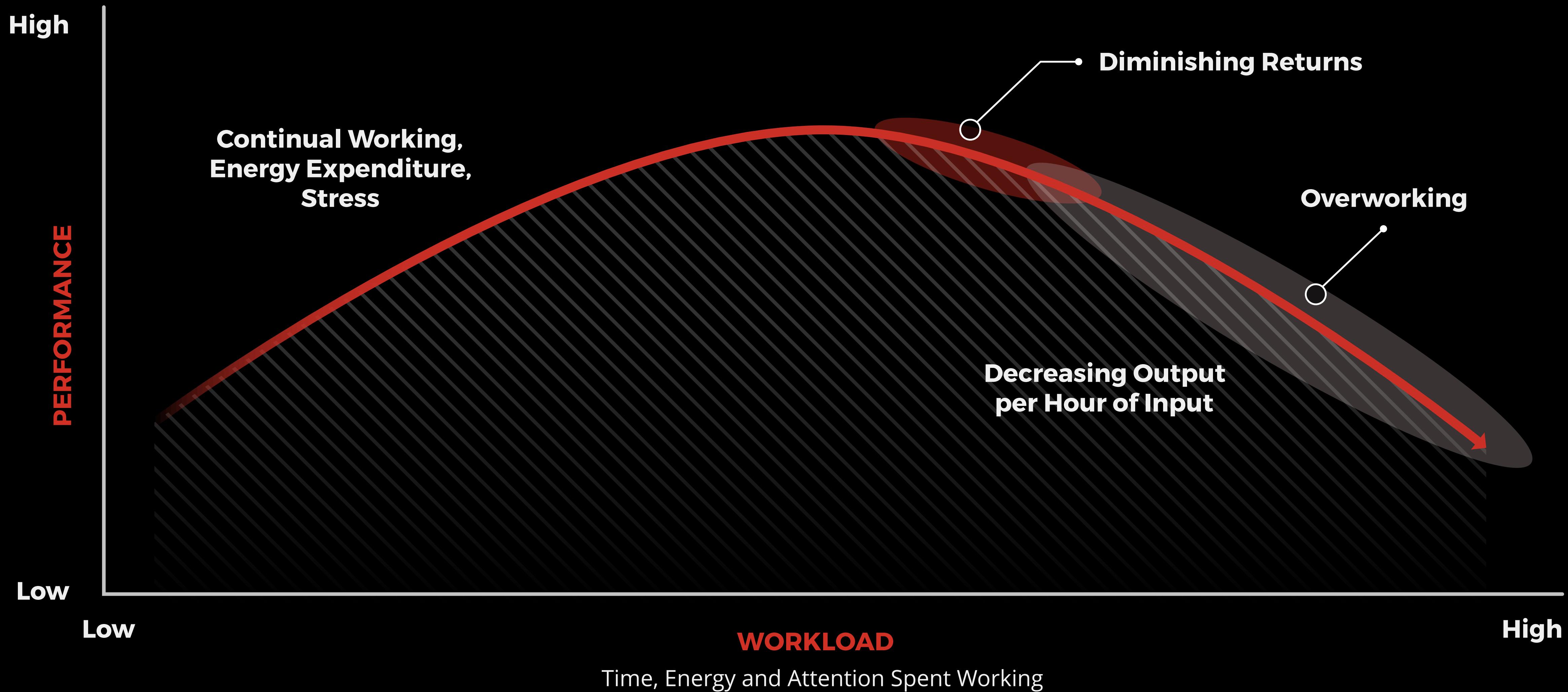


# The Distinguishing Trait of an Executive Athlete

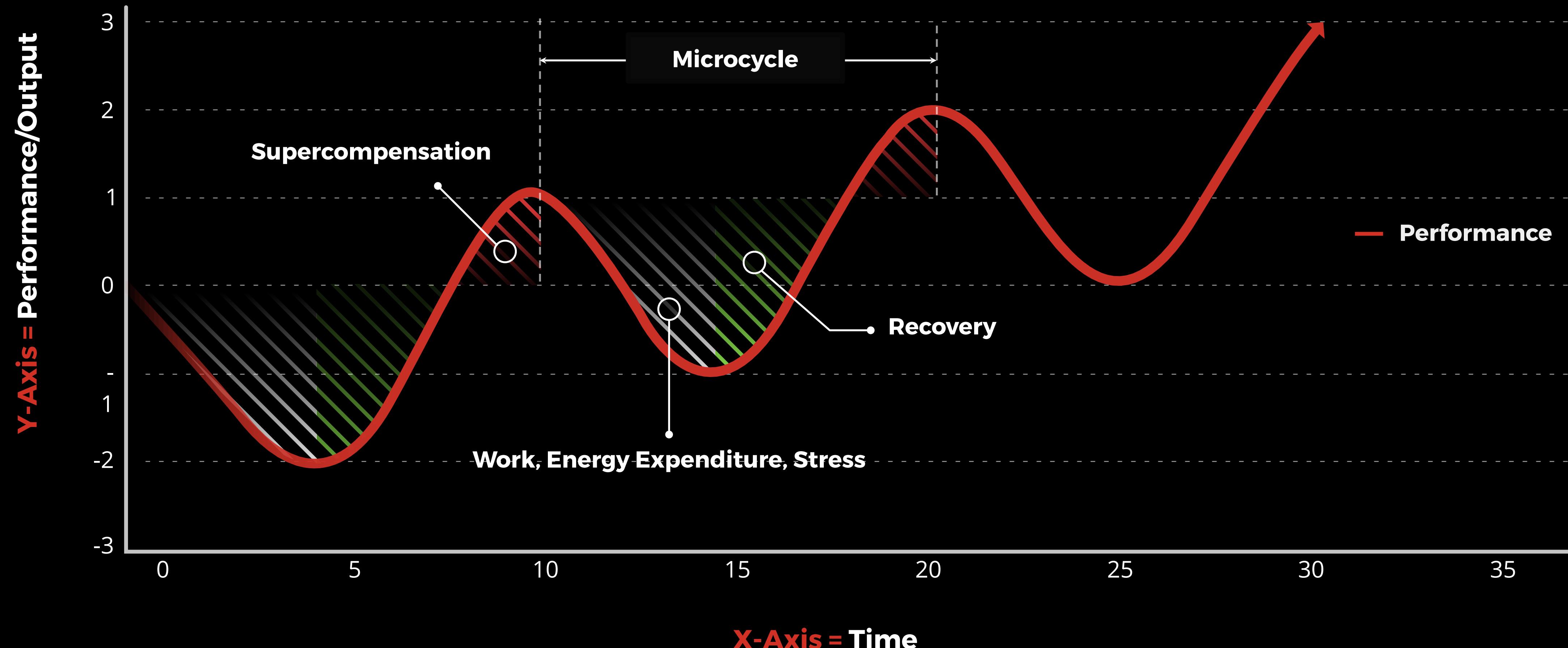


An executive athlete understands that the time in a day is fixed but the quantity and quality of energy available is variable. Energy is viewed as a lever point for performance.

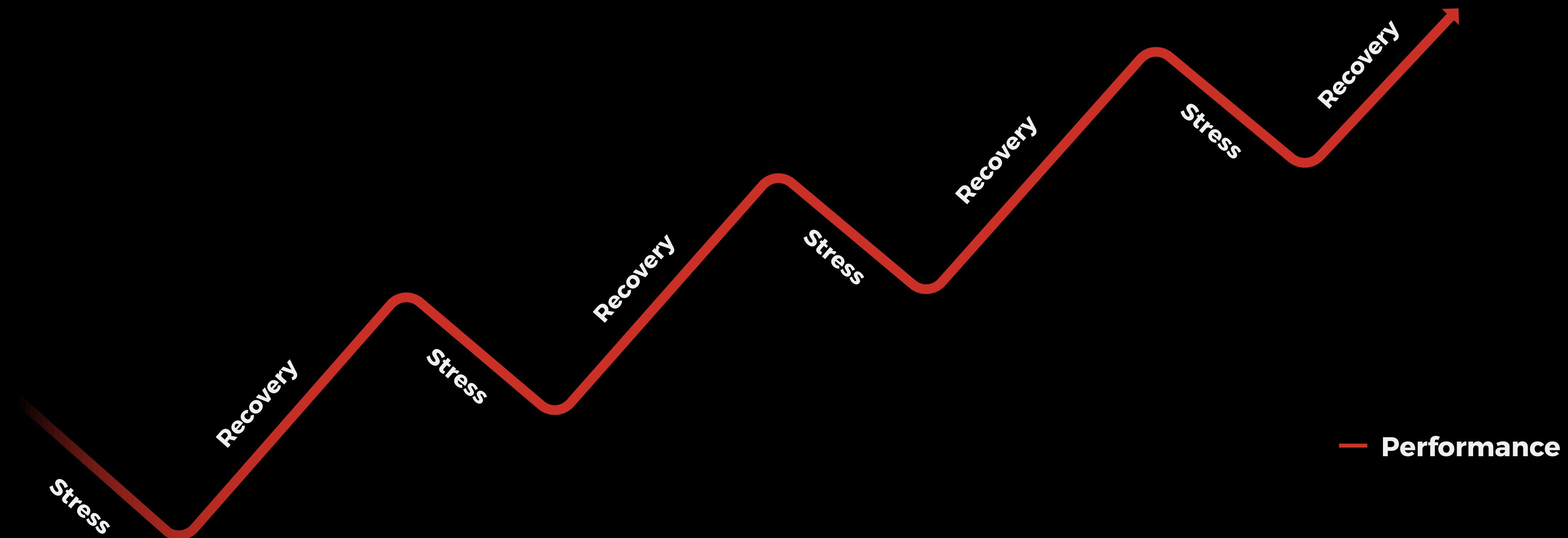
# Linearity - The Way Average Performers Live



# Oscillation: The Rhythmic Life of an Executive Athlete

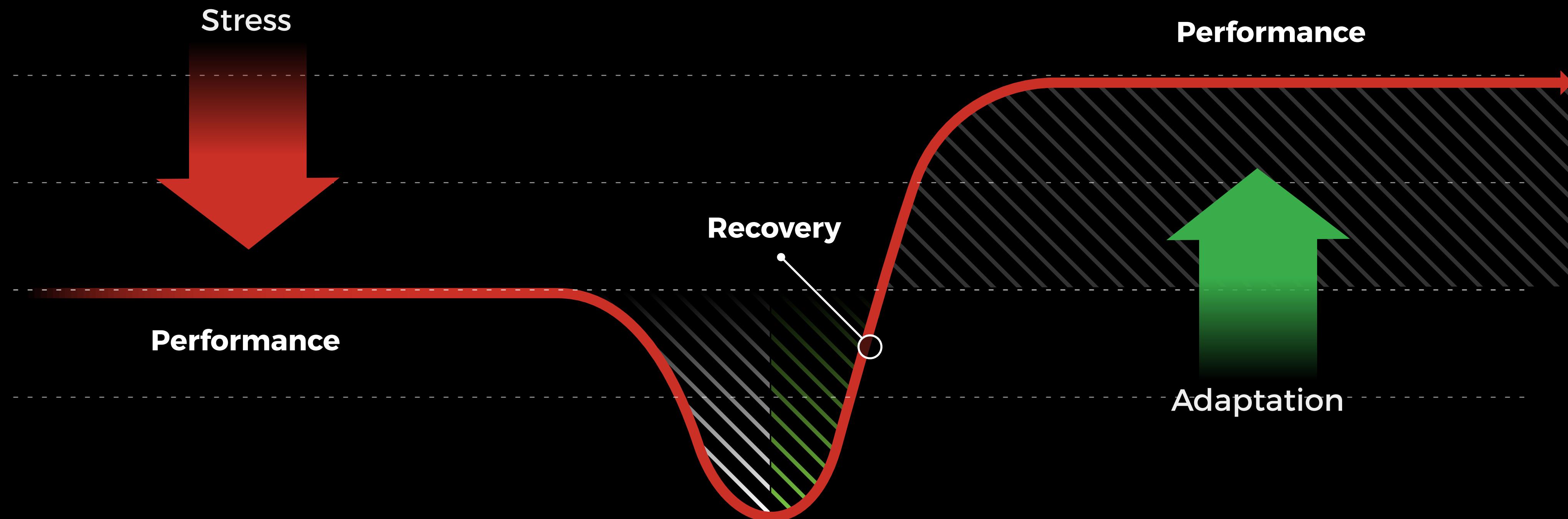


# You Need to Oscillate to Perform Optimally



# The Research Backs up Oscillation

**Stress + Recovery = Adaptation**



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# Learning to Live Like a **Lion**



# Making Your Work Binary and Eliminating the Grey Zone

**Recovery**



- Energy: Renewal
- Nervous System:
- Parasympathetic
- Thought: Divergent
- Neurochemistry: Serotonin, Anandamide, Oxytocin
- Capacity: Expanding
- Flow Cycle: Recovery

Most people live in this zone



- No man's land
- The Grey zone
- Half working
- Neither fully on, nor fully off
- Pain equilibrium

**Work**

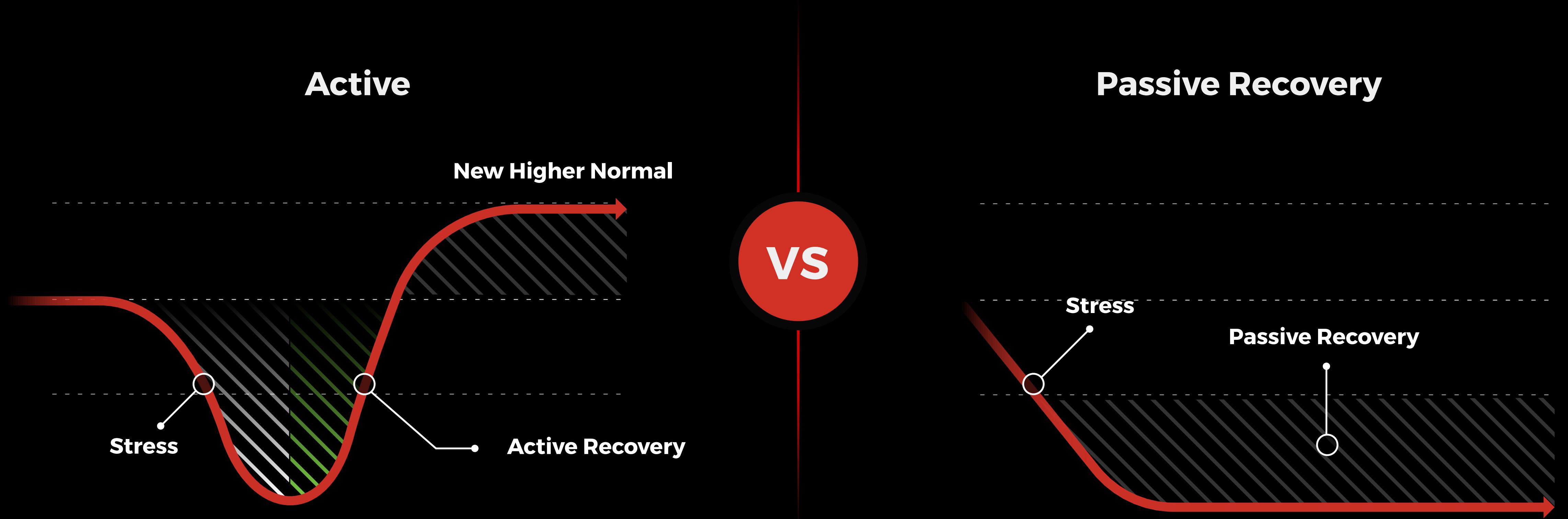


- Energy: Expenditure
- Nervous System:
- Sympathetic
- Thought: Convergent
- Neurochemistry: Dopamine, Norepinephrine, Cortisol
- Using capacity
- Flow Cycle: Flow

# Today's Gameplan

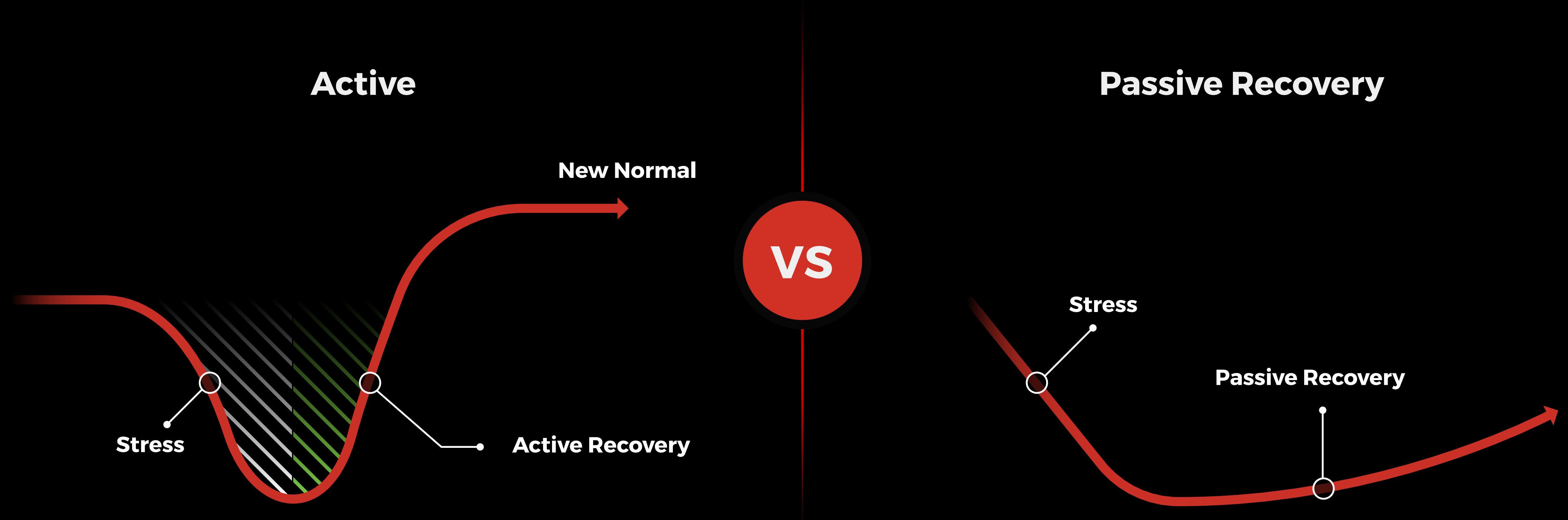
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# The Difference Between Active and Passive Recovery



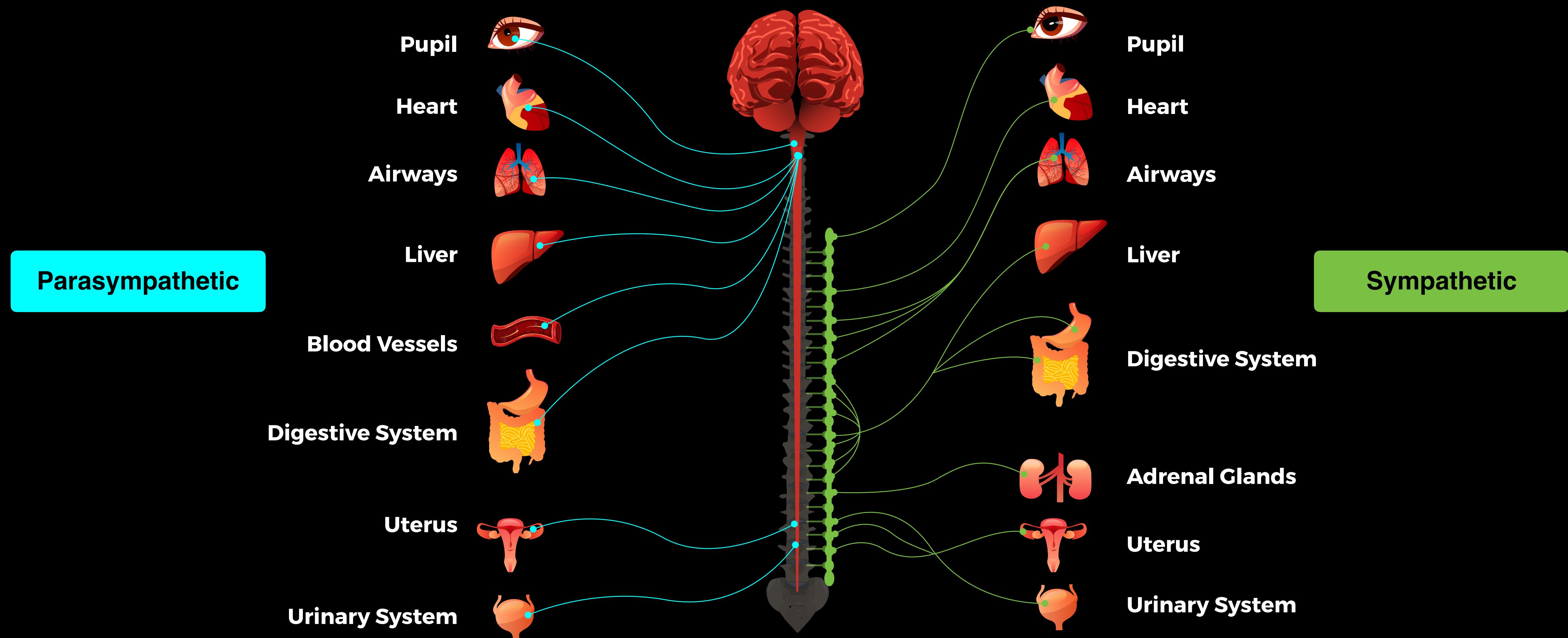
- Faster
- More Effective

# The Difference Between Active and Passive Recovery

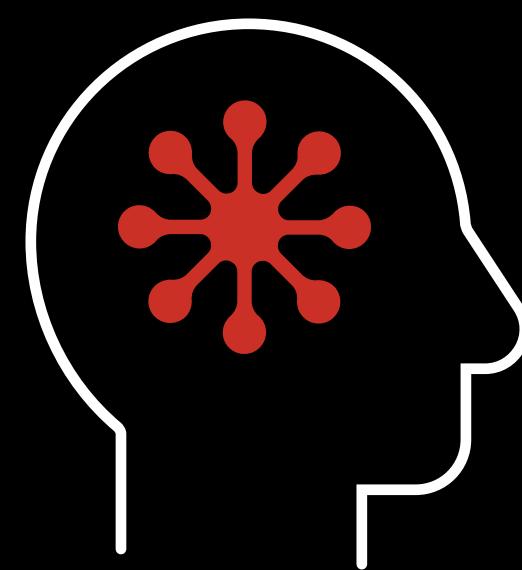


- Faster
- More Effective

# Active Recovery Regulates Your Nervous System



# How Does Active Recovery Work?



**Activates the Parasympathetic Nervous System**

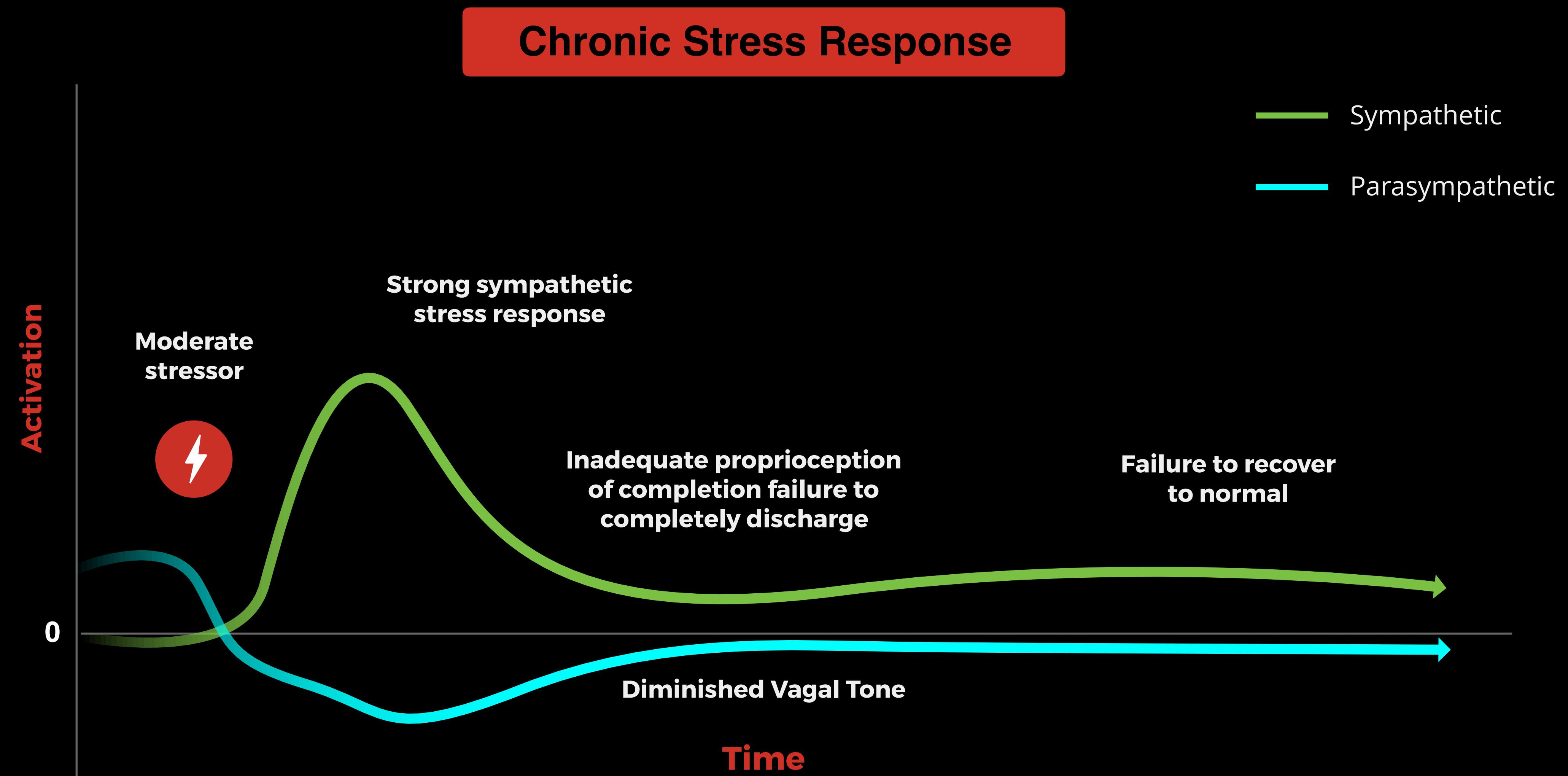


**Provides Cognitive Shift**  
(Changes How You Think)



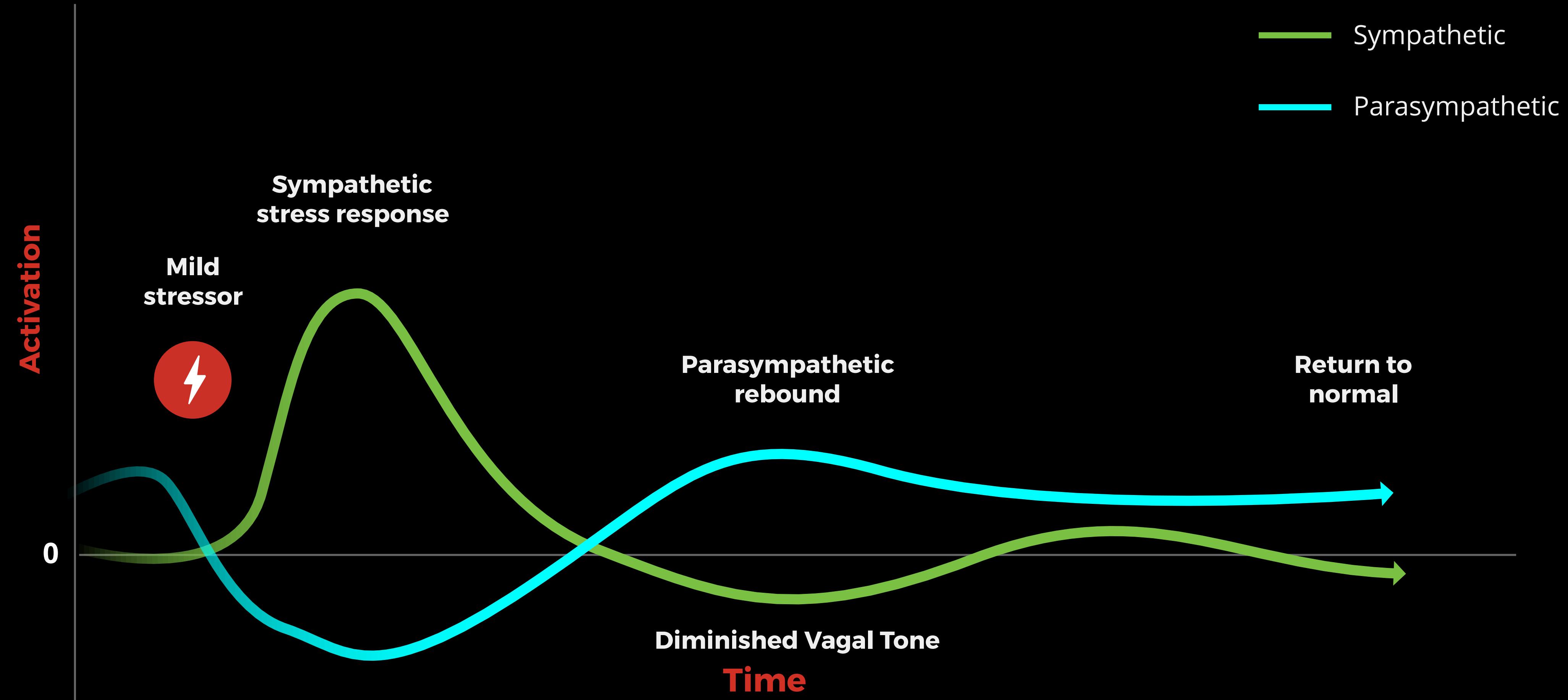
**Provides a Physiological Shift**  
(Changes How You Feel)

# Effective Active Recovery Mitigates Chronic Stress

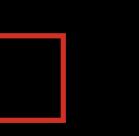


# Acute Stress Can Activate the Parasympathetic Nervous System

## Mild Acute Stress Response



# FRC's Top 20 Active Recovery Protocols

	<b>Cold shower</b>		<b>Meditation</b>		<b>Myofascial Release</b>
	<b>Ice Baths</b>		<b>Floatation Tank</b>		<b>Stretching</b>
	<b>Cryotherapy</b>		<b>Nature Immersion</b>		<b>Aimless Play</b>
	<b>Sauna</b>		<b>Exercise</b>		<b>Pressure (Weighted blanket)</b>
	<b>Steam Room</b>		<b>Massage</b>		<b>Belly Laughing</b>
	<b>Hot Bath</b>		<b>Sleep</b>		<b>Yoga Nidra</b>
	<b>Breathwork</b>		<b>Yoga</b>		

# Antifragility Through Active Recovery



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# Habit Stacking to Integrate Active Recovery



## Examples:

**1** Sauna + Finish Emails + Stretch + Mindfulness + Breathwork + Gratitude

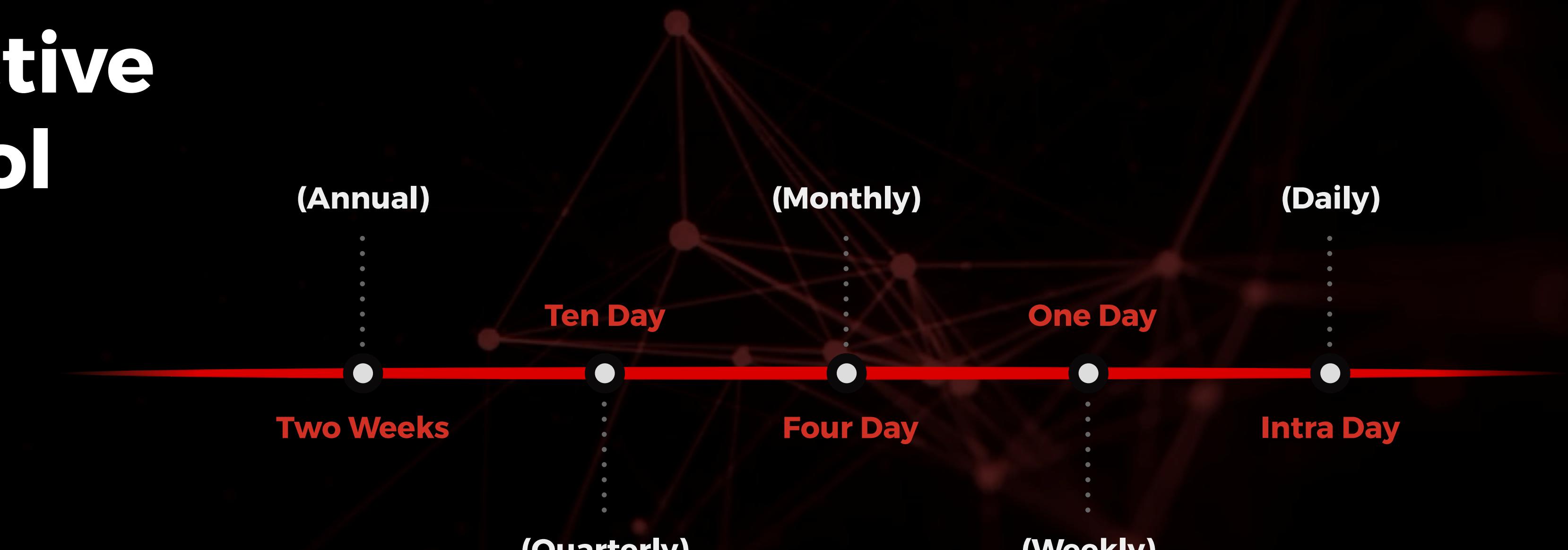
**2** Exercise + Family Time + Nature Immersion + Social Connection

# What We've Covered

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Exercise:

# Charting Your Active Recovery Protocol



Download Workbook  
to Get Started