

The Flow Cycle

(Flow and Recovery)

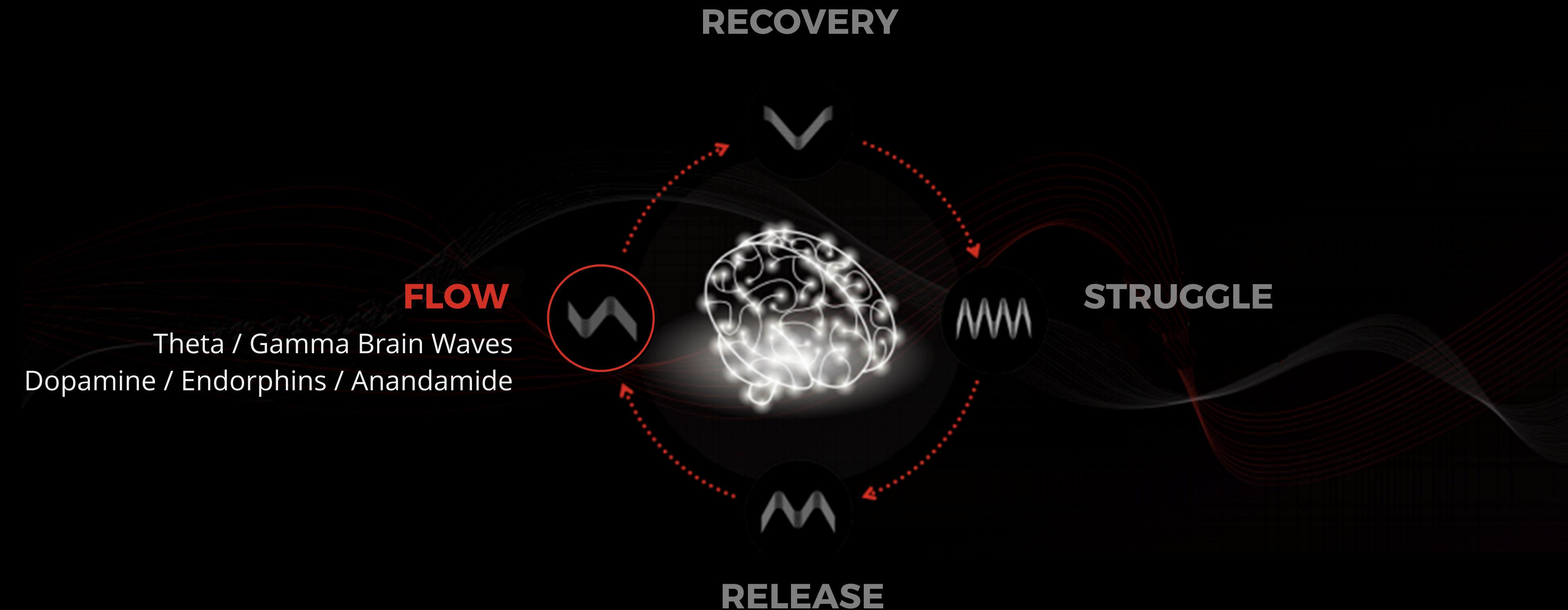
Today's Gamplan

- 1 The Flow Cycle
- 2 Flow
- 3 Recovery

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The Flow Cycle



The Phenomenology of Flow (STER)

S

Selfless

T

Timeless

E

Effortless

R

Richness

The Errors of STER

S	Selfless	(it's not about you)
T	Timeless	(it's not about now)
E	Effortless	(it's not all easy)
R	Richness	(it's endless, proceed with care)

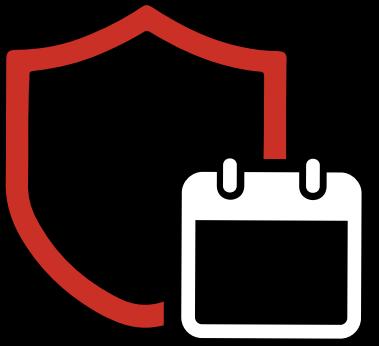
The Watchtower Effect

PTSD  Watchtower  K-Hole

The Flow Cycle



The Non-Negotiables for Recovery

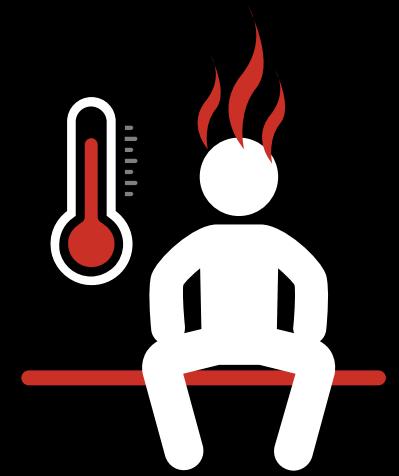


Protect Your Schedule



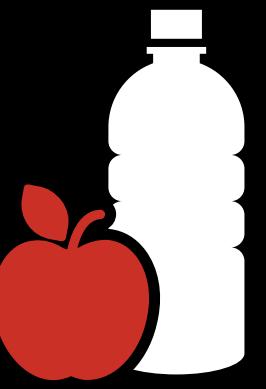
Sleep Hygie

(dark, cold, close to 8 hrs.)



Active Recovery

(saunas, salt baths, massage, mindfulness, etc.)



Hydration/Nutrition Like Mad



Yoga/Stretching/ Tai Chi



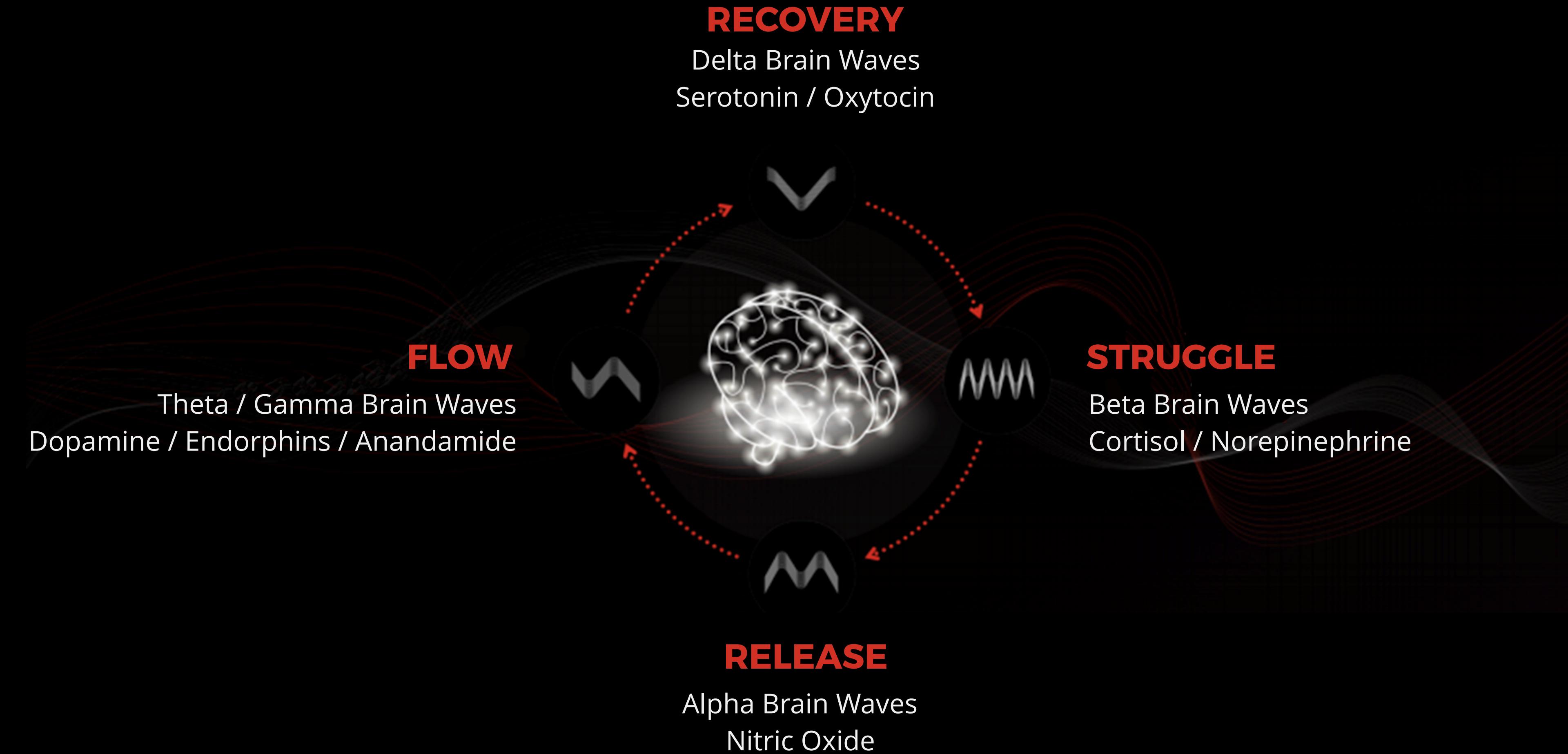
Don't Take Your Emotions Too Seriously

Mind Hack # 9: The Opportunity Inside Recovery (Verification)

Post-Flow Visualization



The Flow Cycle

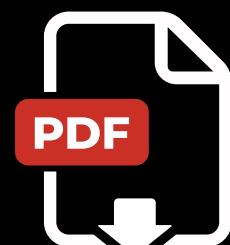


What We've Covered:

- 1 The Flow Cycle
- 2 Flow
- 3 Recovery

Exercise:
**Post Flow
Visualization**

- 1** After the flow state, visualize what it was like
- 2** Dial up the somatic memory, how it felt, the sensory experience, the associated emotions
- 3** Watch as re-entry becomes smoother



Download Workbook
to Get Started