

May, 2020

Dear Parents, pupils and colleagues,

We hope you enjoyed our last video all about the 5 Gears in lockdown. If you haven't seen it yet, please find it [here](#).

In this week's episode, we concentrate on Gear 1 – the rest and recharge gear.

How are your energy levels?

Adapting to the social restrictions we are experiencing also means finding new ways to recharge, so we are not feeling cranky, drained or overwhelmed. As always, this involves intentionality.

Will you invest 20-30 minutes in considering how you can charge up your energy levels, so you can be more productive and a nicer person to be around? We think it's a really good investment!

So grab a pen, journal and quiet space and spend some time on you.

Wishing you to flourish in this season,

Laura & James Mears



P.S. Please let us know how you get on!



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Gear 1: Re-charge Mode

Every one of us recharges differently. This gear is all about operating in the areas that refuel us, often when we are spending time on our own. It could be reading, going for a run or walk, playing the piano or just spending time meditating or contemplating. If you can understand how you recharge you will have more energy, be more productive, and a nicer person to be around!

Click on the link to hear us talking about the what, why and how of Gear 1 in lockdown.

[Gear 1 in Lockdown](#) (10-minute video)

Personal Response

1. Make a list of all the ways that you can re-charge in this season. Use the list below if you need some ideas, ticking or starring the ones that apply to you.

Activity	Activity
Have a bath with candles Read a chapter of a book Drink a cup of coffee in the sunshine and listen to the birds Call a friend who refreshes you and be vulnerable with them about how you are feeling Listen to, or watch some comedy Organise a remote quiz, concert or game of bingo Help someone out (buy shopping, draw them a pavement chalk picture, cook a meal for the family) Listen to a favourite book on audible Do a pilates, yoga or hit class on-line Learn to play chess or backgammon Listen to a podcast Waste 30 minutes sitting around, seeing what happens Play basketball on messenger with your younger cousin, nephew or niece (can you beat 503?)	Bake a cake or some biscuits or ice some cupcakes Paint a picture, some rocks, or a rainbow on some wood and display it outside your front door Google an IT question and solve the problem to up-skill yourself Dust off an instrument you haven't played for a while, and play a tune Go for a walk all by yourself Go for a walk with a member of your household Go on a bike-ride Do some gardening Play solitaire Teach yourself a magic trick Have a nap Schedule a lie-in Have a night off cooking so you can have a pre-dinner drink in the garden Meditate on an inspiring quotation – focus on one word at a time



2. Go through your diary and schedule at least 30 minutes (ideally two sessions of 30 minutes or more) per day of re-charge, every day, for the next five days.
3. At the end of each day, review the effectiveness of your re-charging activities, giving the session a tick if it was refreshing, and a cross if it wasn't.
4. At the back of your journal or diary, make a running list of the activities that you find refreshing, and keep building on it throughout this month.
5. Ask the other members of your household what refreshes them, and what you can do to release them to be refreshed.



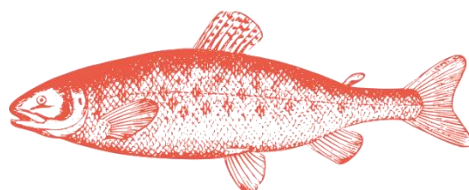
If you do this for a month, you will have formed a new habit, and you should have a comprehensive and evolving list of refreshing activities to regularly call upon. You should also have more energy, and greater ability to stay calm under pressure. If everyone in your household is being intentional about Gear 1, you should have a more peaceful time at home.

Congratulations! You have completed a nice session of self-reflection. We hope you enjoyed it, and found out something about yourself. Please do let us know your thoughts and insights via facebook or email... and we will be in touch again soon!



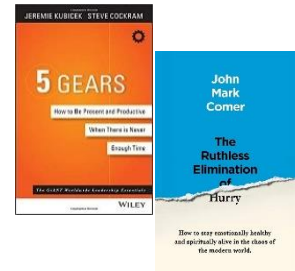
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Recommended further study:

- *The 5 Gears* by Jeremie Kubicek & Steve Cockram
- *The Ruthless Elimination of Hurry* by John-Mark Comer
- Check out the *5 Gears* videos on Giant TV



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