

Maximising Recovery

One of the most important things for our wellbeing and to help get the best out of our minds is recovery, though recovery isn't as simple as sitting down on the sofa, nor do we *need* to be spending our down time exercising. In fact, one of the most important factors around maximising the impact of our recovery is filling that time with joy. That is, trying to remind ourselves of the activities that make us feel truly happy, and giving us enough time and psychological flexibility to complete them.

So, for you, this exercise might be simple; what is an activity that brings you joy, and how can you make more time to do it?

The activity that brings me joy is:

Your answer to the last question might be the end of this exercise for you. But sometimes, that question is a little bit more difficult to answer, or perhaps we need a little bit more structure on how to answer it. The **DRAMMA** model is an easy way to structure that recovery time.

Detachment: mental disengagement, switching off from work-related thoughts during free time

Relaxation: psychological unwinding in combination with low activation and positive emotions

Autonomy: a sense of being in control over your life actions and choices

Mastery: experiencing proficiency and skilfulness in tasks you engage

Meaning: sense of purpose and significance in your life and activities

Affiliation: refers feeling closely related and emotionally connected to people

Choose a future time period, for example 1 year from now, and imagine that you are your best possible self in the **DRAMMA** domains.

DRAMMA Domain	What action can you take now to start moving towards this?	1 year from now
Detachment	<i>e.g Turning off laptop after 5 but checking emails every hour</i>	<i>e.g. Turning off laptop after 5 and not checking work emails on my phone after 7pm</i>
Relaxation	<i>Meditation whenever I get the chance, approx. once a week</i>	<i>Meditation in the morning 4 days a week</i>
Autonomy	<i>Feeling like the good things that happen to me are a stroke of luck</i>	<i>Setting specific goals to achieve what I want, rather than just going with the flow</i>
Mastery	<i>Being grateful every now and again where I receive tasks that I am especially proficient in</i>	<i>Crafting my job to allow me to do work I am proficient in regularly rather than on an ad-hoc basis</i>
Meaning	<i>Sometimes feeling purpose when I do things for other people but not often</i>	<i>Dedicating time in my diary every week to do activities that get in touch with my values</i>
Affiliation	<i>Speaking to the same people on a weekly basis to check in</i>	<i>Getting in touch with old friends and experiencing nostalgia</i>