

Genius zone



Apathy / boredom

Too much rest
Lack of a daily goal

Flow

Recover in less than 48 hours
Ability to laugh, without forcing yourself

Anxiety / too much stress

Exceeding your comfort zone
Immediate pain / fatigue
Stiffness / anxiety / disorganization

"adaptation zone to increase one's ability to withstand a certain stress"

Genius zone

To avoid the yo-yo effect, gently push the limits of the optimal zone.

Your indicator of success?

- Your ability to recover in less than 48 hours
 - Your ability to feel pleasure
 - Symptoms are fairly stable

Activities below your capacity

- Rest
- Boredom

Optimal zone

We recover, we feel motivated, but not overwhelmed

Activities done above your capacity threshold

- Challenge
- Fatigue

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Apathy / boredom

Spend your day in bed,
Putting all stressors on an equal footing and
running away from them

Flow

Cooking by splitting the preparation
Do one run, light coat
Walking, swimming, gentle yoga

Anxiety / too much stress

Cooking a full meal while standing up
Go to the mall wearing a mask and a winter coat
HIIT training, cold walking, running