

# HOW CAN YOU START LISTENING TO YOUR ULTRADIAN RHYTHMS?

## Instructions

- Use the weekly journal to log your high, medium, and low points of the day for 1-2 weeks
- Notice how your body moves through each day in energy cycles that repeat/oscillate throughout the day
- Pay attention to how/when it rises to peak energy over the course of 1.5 - 2 hours and then drops energy for approximately 20 minutes
- Plan for a break in the mid-morning and mid-afternoon (within 2 hours of starting work and within 2 hours after lunch) or at the first signs of depletion
- Strive for 20-minute breaks, but anything is better than nothing (even if it is just 5 or 10 minutes)
- The longer the break, and more “chill” your break is, the more repair and replenishing can happen
- Shift gears, move your body if you have been sitting and be still if you have been moving, and let your brain shut down if you have been focusing intensely
- Manual tasks that don’t require thinking can be completed during this time (e.g. fill the stapler, empty the trash, move or fold the laundry if working remotely)
- During breaks, avoid intensive demands or distractions, including the use of electronics and digital media
- Consider using a timer to prompt you to assess your state of energy and focus every 1.5 -2 hours (you won't need this after you learn to pay attention to your ultradian rhythm)

## Tips

- Understand how the “low-energy” moments are your friend, and they have a purpose!
- Use the “low-energy” time to take a physical and mental break to repair, re-balance, and replenish (What does that look like for you?)
- Lookout for signals you need a break (e.g. fatigue, brain fog, loss of focus and/or productivity)
- Listen to your body if you have a hard time keeping your eyes open, feel hunger, thirst, or need to go to the bathroom.
- Do you ever have a day when you are clumsy, make a lot of mistakes, have the “dropsies”? That might be a sign that you need to pay attention to your rhythms.
- Pay attention to how you feel as you learn to listen to your ultradian rhythm

# WEEKLY ULTRADIAN RHYTHM JOURNAL

LOG YOUR FOCUS, ENERGY, & MOTIVATION (HIGH, MEDIUM AND LOW), THEN REVIEW TRENDS


MONDAY		
8		
9		
10		
11		
12		
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TUESDAY		
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WEDNESDAY		
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THURSDAY		
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FRIDAY		
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5		

NOTES 
<p>What are the most productive hours and days? When during the day do you need some self-care? What are the activities that help you rest, recover and replenish? How do you feel when you listen to your ultradian rhythm?</p>