



# Recovery Is Key

When it comes to resilience and grit, we often believe that the longer we tough it out, the tougher we are and the more successful we'll be. We think of Royal Marines slogging through the mud, enduring...

Science, however, says this isn't true.

**A recovery period is key to our collective ability to be resilient and successful.** Slogging it out and enduring the tough times is what holds us back.

Recovery can look like many things for many people; more sleep, walks outdoors, time with friends. Whatever it is, find yours and make sure you get enough of it.