Sunday Reset as a College Student-Athlete
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For student-athletes, rest days can be a crucial aspect of the week. With training, classes, workouts, and games, there is little time to reset. Since those days off may only occur once a week, how you spend that time can make a difference in allowing yourself to recover mentally and physically. For my most recent off day, my friends and I started the morning by getting coffee at Hedge in San Francisco, before heading to the grocery store for the upcoming week. After getting everything we needed, we took a walk around campus, giving us time to get outside. We ended the day by making dinner and watching a movie. Although the day was casual, it gave us a break from our normal routines and provided time to focus on things outside of school and sports. Rest and recovery are significant parts of maintaining a busy schedule, and an off day can give students the opportunity to recharge physically, mentally, and socially before starting a new week.