

STEP INTO THE RECOVERY ZONE

On-demand resources to support your ongoing health and wellbeing journey.

RigRun Recovery Zone is an exclusive area where you can access a range of online resources to help you recover, stay motivated, and gear up for greatness at the next RigRun event.

Accessible from May to July, the Recovery Zone will feature pre-recorded and live webinars from accredited health and wellbeing professionals that cover a range of topics, including mindfulness, breathwork, nutrition, and mental health.



RIGRUN RECOVERY ZONE – 2024 SCHEDULE

MASTERING MINDFULNESS

Live weekly mindfulness course starting Tuesday 14 May, 12.30pm UTC featuring BAMBA Accredited Mindfulness Teacher Louise Martin.

THE POWER OF BREATH

Pre-recorded breathwork workshops with Accredited Breathwork Teacher and Fitness Instructor Eve Elsby.

NUTRITION AND MENTAL HEALTH

Pre-recorded webinar about making better food choices to improve your brain health with Exercise Physiology and Sport Performance Optimisation Specialist Dr Tom Gurney.

NUTRITION AND THE NIGHT SHIFT

Pre-recorded webinar featuring advice on maintaining a healthy lifestyle while working on a remote site with Exercise Physiology and Sport Performance Optimisation Specialist Dr Tom Gurney.

PSYCHOLOGICAL PPE TOOLKIT

Pre-recorded podcasts from Accredited CBT therapist Alison Cuthbert on managing offshore working life, anxiety and depression, perfectionism, and compassionate work.

READY FOR SOME RECOVERY?

Recovery Zone resources will be available to RigRun competitors through a dedicated link that will be sent out via the RigRun App* at the end of April 2024. Links for the live 'Mastering Mindfulness' sessions will be sent out via the RigRun app prior to each session taking place.

*Available to download through the App Store or Google Play.
Latest version – 1.4.38.

