

“Rest Rhythm” Worksheet

Close your eyes and call to mind your typical day. Start when you first get out of bed, and mentally trace through until you’re back in bed. Try not to make any judgments about what you do or don’t do; just trace through your day with curiosity (like you’re watching a movie)!

Then, open your eyes and **write down some answers** to these questions:



- 1. WHEN during this day do you take breaks or otherwise “down-shift” your energy?** *(Does it all happen in a “wind-down,” post-work kind of way? Lunch? Some other time?)*



- 2. If / when do you slow down, are these physical down-shifts** *(you’re relaxing your physical body), mental down-shifts* *(you’re relaxing your mind), or both?*



- 3. HOW do you do this?** *(Do you: take a stroll with your partner and/or your dog around the neighborhood? nap with your child? meditate or pray? zone out with a TV show or Facebook?)*

What did you find? What is your “rest rhythm” like? Is there any rest!? Is your rest primarily on a physical or mental level (i.e. are you addressing both)? Are your “restful activities” really down-shifting energy?

Close your eyes again, and this time, **envision WHEN you might take even small breaks throughout the day to release energy from your body, and/or get quiet in your mind.** Let even the *slightest* window of space open. Where could you find just 5-10 minutes for you?



Then, open your eyes and **write down any ideas you've had** about WHEN you can incorporate something restful into your typical day:

If you could not find a single 5-10 minute window in your typical day, **what is that telling you?**
