

REST IS IMPORTANT TOO



Rest is not laziness. It is care. It is healing. It is necessary.

Everyone needs rest.
 Your body, your mind, and your heart
 all need time to recharge.
 You do not have to earn rest.
 You are allowed to slow down.



THINGS THAT HELP ME TRULY REST

The things that help my body and brain relax.

- ♥
- ♥
- ♥
- ♥
- ♥



SIGNS MY BODY OR BRAIN NEED A BREAK

I notice these signs when I need rest.

- ★
- ★
- ★
- ★
- ★



REST THAT HELPS ME RECHARGE

Rest looks different for everyone. These are the kinds of rest that help me most.

- ♥
- ♥
- ♥
- ♥
- ♥



QUIET THINGS I ENJOY

Calm, gentle things that help me slow down.

- ♥
- ♥
- ♥
- ♥
- ♥



WAYS I CAN BE KINDER TO MYSELF

I can treat myself with the same care I give to others.

- ♥
- ♥
- ♥
- ♥



SIGNS I MIGHT BE DOING TOO MUCH

These are signs I may need to slow down or rest.

- ★
- ★
- ★
- ★



TINY ACTS OF REST THAT STILL COUNT

Small moments of rest matter more than we think.

- ♥
- ♥
- ♥
- ♥



GENTLE REMINDERS ABOUT REST

- ♥ Rest is not laziness.
- ♥ I do not have to earn rest.
- ♥ Doing less is sometimes necessary.
- ♥ My body and brain deserve care.
- ♥ Rest helps me recover, not fail.
- ♥ I am allowed to take up space and rest.



THINGS THAT HELP CREATE A RESTFUL ENVIRONMENT

Small things that make my space feel safer, calmer and more soothing.

- ♥
- ♥
- ♥
- ♥



NOTES FOR MYSELF

Anything I want to remember about rest or anything I want to say to myself.

- ♥
- ♥
- ♥
- ♥



YOU ARE ALLOWED TO SLOW DOWN.

You are allowed to rest. You matter.



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 enough
 just as
 you are.

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