



Enjoy these reminders about reclaiming rest and share them with colleagues, friends and family.



“Rest doesn't magically appear when we need it, especially in today's busy world. Taking rest seriously requires recognizing its importance, claiming our right to rest, and carving out and defending space for rest in our daily lives.”

- Alex Pang

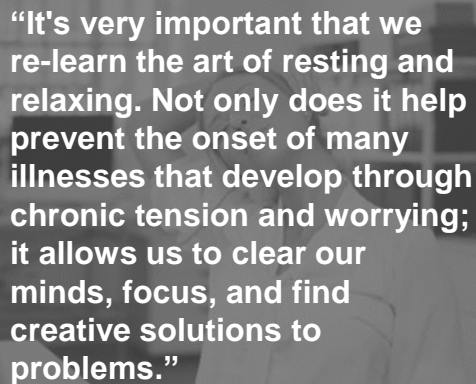
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“The most valuable thing we can do for the psyche, occasionally, is to let it rest, wander, live in the changing light of room, not try to be or do anything whatever.”

- May Sarton


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“It's very important that we re-learn the art of resting and relaxing. Not only does it help prevent the onset of many illnesses that develop through chronic tension and worrying; it allows us to clear our minds, focus, and find creative solutions to problems.”

- Thich Nhat Hanh

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“Doing well starts with being well.”

- Deborah Bonzell

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