



# How to Rest without Regret

**If burnout feels normal**, you're in the right place. These steps help you listen to your mind and body with kindness.

## 1. Start With Honest Check-Ins

Ask yourself: “**What do I need right now to feel at peace?**”

Maybe it's a quieter room, a slower pace, a comfy spot, less stimulation, or simple stillness. Your body's needs are usually small. Listen to them.

## 2. Schedule Rest Like Work

*If it's not on your calendar, guilt will win.*

Block a 15-minute “**Non-Negotiable Pause**” in the next 24 hours. Your body needs maintenance, not nonstop output.

## 3. Match Rest to Your State

*If wired:* slow walk, warm shower, long exhales.

*If foggy:* sunlight, water, stretch.

*If overloaded:* phone away, two minutes of silence, list what can wait.

Rest works only when it fits your energy.

## 4. Use the 3R Method

When guilt shows up, remember:

**Responsible** - Rest makes you effective.

**Regulated** - A calm mind decides better.

**Ready** - Rest prepares you for life.

Rest is repair, not escape.



## 5. Try the 90-Second Reset

***Pause and say:***

“I am allowed to stop.  
I am allowed to recover.  
This moment is mine.”  
Permission softens guilt.

## 6. End With a Simple Wind-Down

***Try:*** phone away, dim lights, water before bed, gratitude for your body.  
Small rituals calm the system.

## 7. Make Rest a Value, Not a Reward

Don’t rest only when you’ve “earned” it.

***Rest so you stay whole.***

You’d never apologise for charging your phone. Give your body the same care.

**Avahn can support you in building this gentler rhythm.**