



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.