



Choose Your Reaction

Avahn's study shows **most people want to rest, yet nearly 80 percent don't know where to begin.** This activity helps you see what makes slowing down feel hard and how to ease into rest with more kindness.

Scenario 1

You finally get a free hour. Your body wants to rest, but your mind pushes you to “do something.” What do you do?

- A) Scroll until the hour disappears
- B) Clean or organise something minor
- C) Try to rest but feel guilty
- D) Sit briefly, then grab a task again

Why this happens:

Your brain is trained for constant output. Stillness feels unfamiliar, so it reaches for noise or small tasks to feel safe.

Scenario 2

Your friend suggests a slow Sunday morning. Your instinctive response is:

- A) “I’d love to, but I have too much to finish.”
- B) “Maybe next week.”
- C) “If I rest, everything will pile up.”
- D) “What would I even do if I slowed down?”

Why this happens:

You’ve learned to see rest as falling behind. Your worth feels tied to being useful. Rest takes practice before it feels natural.



Scenario 3

You're exhausted, but someone asks for a small favour. You're already running on empty. What do you do?

- A) Say yes instantly
- B) Say yes and feel drained all day
- C) Try to say no but over-explain
- D) Freeze because you can't decide

Why this happens:

Your system is wired for people-pleasing or avoiding conflict. Rest feels unsafe when saying no feels unsafe.

Scenario 4

You block an hour on your calendar labelled "Rest." When the time comes...**

- A) You fill it with chores
- B) You forget it existed
- C) You feel guilty for taking it
- D) You sit down but your mind races too fast to unwind

Why this happens:

Your mind hasn't learned how to downshift. You don't lack discipline but practice in slowness.

If these situations felt familiar, it's okay. You're just noticing how long your mind has been in survival mode. Awareness is the first shift. Small steps toward rest can start now.

Avahn will guide you.