

Rest, Recovery & Sleep Support

Rest is not only sleep. Physical, sensory, emotional and mental recovery all matter.

What does genuine rest feel like for me?

What prevents me from resting?

Do I feel guilty when I stop?

What helps my body wind down?

What makes sleep or rest more difficult?

What sensory environment supports rest?

Where could I create a recovery pause?

One rest practice I would like to protect is...
