

Rest, Recovery & Sleep Support

A gentle space to notice patterns in your body and wellbeing without judgement. Use only the sections that feel useful.

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...