

Redefining Rest Beyond Sleep

Rest & Renewal Worksheet

Reflect on what rest truly means to you. Rest can be more than sleep. It can be emotional stillness, creative quiet, or gentle time spent doing nothing.

1. When do you feel most at peace in your day?

2. What activities or moments leave you feeling refreshed and restored?

3. Do you often feel guilty when you rest? Why or why not?

4. How can you remind yourself that rest is productive and necessary?

5. List three gentle ways to rest without sleeping: a) b) c)

Take a deep breath and remember that slowing down can also be an act of healing.