

# The Gift of Rest

## Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



1. Life is a balancing act. You make time for work and time for play. You need time with other people and time to be alone.
2. There are times you are happy and times you are sad. In the same respect, with all of the activities of daily life, you also need to make time to rest.
3. Ignoring your body's need for rest not only leads to fatigue but can also cause physical ailments. Sleep deprivation dulls your memory, can cause moodiness and irritability and can increase your risk of hypertension and irregular heartbeat.
4. Sometimes you just need to listen to that inner voice begging for a nap or just the opportunity to do nothing.
5. Doing nothing gives your body a chance to rest and rejuvenate. You might lie down and take a nap or relax in a chair with your feet propped up, just some quiet time to let your mind and body unwind.
6. Unplugging from your electronic devices for a few hours can also be very restful. You could also spend an afternoon outdoors enjoying the beauties of nature in its natural quiet environment.

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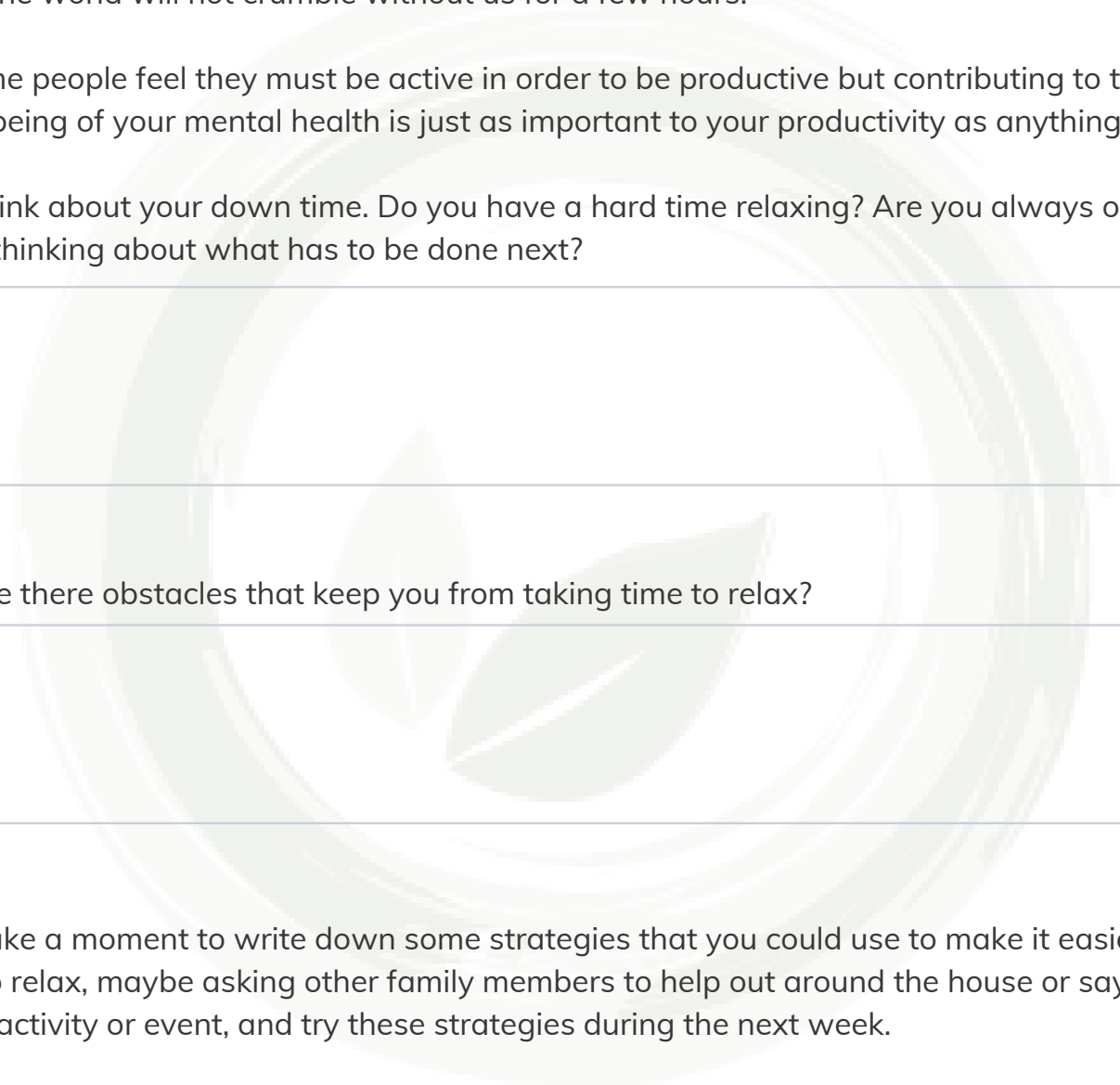
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7. Mindful meditation is also an excellent choice to help rejuvenate your body. By focusing on your body's needs, you can release the tension throughout your body to help it relax as well.

8. We all tend to overdo it at times but we owe it to ourselves to take a break sometimes too – the world will not crumble without us for a few hours.

9. Some people feel they must be active in order to be productive but contributing to the well-being of your mental health is just as important to your productivity as anything else.

10. Think about your down time. Do you have a hard time relaxing? Are you always on the go or thinking about what has to be done next?



11. Are there obstacles that keep you from taking time to relax?

12. Take a moment to write down some strategies that you could use to make it easier for you to relax, maybe asking other family members to help out around the house or saying no to an activity or event, and try these strategies during the next week.

13. Write down your results. Were you able to relax?

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14. Did you have obstacles that prevented you from relaxing?

15. How did you deal with those obstacles?

16. How will you take what you learned from this forward into your life?