

5 Factors that Maximize the Blessing of Rest

❖ Belief

Rest is for you too! Stop working, you can't multitask rest! Your body and mind were made to need it regularly- weekly! And don't feel guilty, God gave you permission and commanded it's priority.

❖ Life Balance

Rest is most effective when it's a protected non-negotiable, built into life, and when returning to a balanced life after.

❖ Support

Let people know what day you plan to rest and why. Tell them what you need and how they can specifically help support you. Also, consider what support structures or accountability you need to build rest into your life.

❖ Body Care

Proper nourishment of our temple enables the body and brains ability to gain refreshment from rest. Important factors: Adequate water intake. Eating regularly throughout the day. Focusing on micro-nutrient dense, low processed foods. Limiting sugar and caffeine. Regular physical activity. Stress reduction.

❖ Surroundings

Consider how where you rest impacts you mentally and physically and the overall quality and quantity of your rest.