

## **How To Start Saying Yes To Rest**

### **QUESTION:**

How do I allow myself to rest without guilt?

### **ANSWER:**

Rest is not laziness. Rest is repair. For too long, you've been trained to push harder, prove more, give endlessly – even at the cost of your own health. But healing requires a new rhythm: one where rest is not earned but honoured. Saying yes to rest is saying yes to yourself. Here's how to start the healing process:

#### **1. Breaking the productivity lie**

Society has taught you that your worth is measured by how much you do - but you are *not* a machine. You are a human being whose body, mind, and soul need rest and restoration. Rest is not wasted time; it's an investment in your wholeness, wellbeing, and health.

#### **2. Listening to your body**

Exhaustion, brain fog, irritability – these are signals, not flaws. Your body speaks the language of fatigue to call you back to balance. Listening is an act of love.

#### **3. Redefining success**

True success isn't burning out while proving your value. It's living a life with enough energy to enjoy it. Rest fuels

clarity, creativity, and compassion – the real markers of success.

#### **4. Creating boundaries around rest**

You may need to say no to commitments to say yes to rest. Boundaries protect the space where you restore yourself. This is not selfish, it's survival.

#### **5. Practising restful rituals**

Reading, baths, naps, silence, deep breathing, gentle movement – these are not indulgences; they are medicine for your nervous system and your spirit.

#### **6. Choosing rest without guilt**

The more you rest without apology, the more you teach yourself that rest is your right. Healing happens when you stop asking for permission and start giving it to yourself.

#### **Affirmation:**

I give myself full permission to rest. Rest is my medicine, my power, and my peace.

#### **Journal Prompts:**

1. What did I learn about rest growing up?
2. How do I usually ignore or override my body's signals of fatigue?
3. What rituals of rest feel most nourishing to me?
4. Where in my life do I need firmer boundaries to protect rest?

5. How will I remind myself that rest is strength, not weakness?

**Visualisation:**

Imagine yourself lying in a field of soft grass. The sun warms you; a breeze soothes you, and the earth holds you. With every breath, tension drains from your body. You are fully supported, safe, and restored.

**Conclusion:**

Rest is not something you must earn; it's something you were designed for. It's why your mind and body can sleep. It's why you become agitated and irritable when you're pushing yourself too hard but not resting or sleeping well. It's why lack of rest and quality sleep can lead to illness and nervous system breakdown. By saying yes to rest, you say yes to yourself, to worthiness, to self-compassion and to healing.

**Final Thought:**

Rest is not a pause from life; it's part of living fully.