



Your Guide to Rest

A STEP-BY-STEP GUIDE TO HITTING THE PAUSE
BUTTON 🍷

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In a world that often glorifies busyness and over-consumption, choosing to pause, reflect, and tend to our inner peace is a radical act! Resting resists the pressures to constantly produce and consume, allowing us to reclaim our worth beyond output and productivity. It's a reminder that we are human beings, not just *human doings*!

Our ancestors had to endure survival mode, working tirelessly without the luxury of rest—often because their lives and the lives of their families depended on it. They persevered through intense hardships, suffering, and pain. Because of their resilience, they created opportunities for us to pause, reflect, and restore in ways they couldn't. Choosing to rest isn't just a break from daily demands; it's a profound way to honor ourselves and those before us. When we take time to relax our nervous systems, we acknowledge that our ancestors didn't want us to continue struggling—they wanted us to thrive and experience life fully.

Rest doesn't require hours of solitude or grand gestures. It can be found in small, intentional moments woven into our days: a few mindful breaths, savoring a warm meal, or curling up in a fresh blanket. These tiny pauses help us reconnect with ourselves and resist a culture of constant productivity. The more we recognize these moments of rest as our birthright, the more naturally they become part of our lives, bringing us the renewal and freedom our ancestors dreamed we'd have.



"YOU WERE NOT JUST BORN TO CENTER YOUR
ENTIRE EXISTENCE ON WORK AND LABOR. YOU
WERE BORN TO HEAL, TO GROW, TO BE OF
SERVICE TO YOURSELF AND COMMUNITY, TO
PRACTICE, TO EXPERIMENT, TO CREATE, TO
HAVE SPACE, TO DREAM, AND TO CONNECT."

— TRICIA HERSEY, REST IS
RESISTANCE: A MANIFESTO

THE HEALING POWER OF REST

Rest is a Path to Clarity

Overthinking can lead to emotional overload, filling our minds with anxiety and stress, which often causes mental "shutdown" and disconnects us from our creativity and intuition. Our brains need regular pauses to release overwhelming mental tension, allowing us to find clarity and reconnect with our inner guidance. Small moments of stillness help us notice our values and dreams, restoring balance and honoring the resilience of our ancestors, whose wisdom supports us on our journey forward.

Healing Through Nervous System Regulation

Without rest, our bodies can't repair themselves, leading to increased risks of chronic pain, poor sleep, and disease. Constant stress depletes our immune system and drives inflammation, contributing to heart disease, hypertension, and unfortunately more. Rest enables natural healing, allowing our bodies to recover and restore balance, extending our lifespan. By prioritizing rest, we honor the resilience of our ancestors and create a foundation for lasting health and well-being.

Grounding and Connection to Legacy

Taking time to ground ourselves through rest connects us to the earth and our ancestry. With each breath, we honor their resilience and sacrifices. We rest because they did not have the privilege to do so, and in doing so, we carry their legacy forward with care and intention. This moment of rest is a tribute to their lives, dreams, and the future they envisioned for us.

Resistance Against Over-Consumerism

Resting is a rejection of a consumer culture that prioritizes more, faster, and busier. When we rest, we resist the idea that our value is tied to our consumption or productivity. We reclaim our time and energy as sacred, allowing ourselves to exist in simplicity and gratitude.

WAYS TO REST AND HONOR GRATITUDE

Create a Gratitude Ritual

One way to rest is to spend a few moments reflecting on what you're grateful for. You could even make this a small ceremony: close your eyes, take a few deep breaths, and name aloud (yes actually say it) things you're grateful for, whether they're as simple as a warm cup of tea or as profound as the love of family and friends. This ritual aligns you with the present and helps cultivate peace and contentment.

Mindful Breathing to Honor Your Ancestors

While resting, try a simple box breathing exercise to calm your mind and connect with the strength of your ancestors. Inhale slowly to a count of four, imagining their resilience flowing into you. Hold for four, feeling their support grounding you. Exhale for four, releasing tension and honoring this moment of rest they would have wanted for you. Pause for four counts, allowing a sense of calm to settle. Repeat this cycle, visualizing each breath as a reminder of the gift of stillness, resilience, and connection.

Acknowledge Nature's Grounding Power

As organic beings, we are deeply connected to nature, and this bond is essential for our well-being. Our bodies and minds thrive when they're in touch with natural elements, as nature helps reduce stress, improve mood, and restore our energy. Being outside—feeling the sun, breathing fresh air, or grounding ourselves by touching the earth—reconnects us with the natural world and with generations who have drawn strength from it.

If stepping outdoors isn't possible, bringing nature indoors can be just as restorative. Simple additions like flowers, potted plants, or an indoor water feature can create a soothing environment that invites calm and healing. These natural elements not only purify the air but also provide a gentle reminder of life's rhythms and resilience. Creating small pockets of nature within our space can help us find moments of grounding and relaxation, nourishing our connection to the earth, ourselves, and the lineage that valued this power of nature.

Reflect on what Rest Means for You

Consider this journal prompt: *What does rest mean to me, and how does my body feel when it truly relaxes?* Take time to notice the sensations in your body when it's calm—perhaps your shoulders soften, your breath deepens, or your mind feels lighter. Reflect on experiences in the past that left you feeling grounded and refreshed. Was it a particular place, activity, or even a small ritual?

Think about the sensory elements that foster calm in your life. Are there songs, scents, or foods that bring you a sense of peace? Perhaps certain people or places create a grounding effect for you. Jot down these details and reflect on how you can intentionally incorporate them into your life.

Notice any resistance to rest that might come up, without judgment. It's natural to feel hesitation when prioritizing self-care. Allow these feelings to be part of the process, reminding yourself that creating moments of pause is a new practice and will become easier over time. Embrace these pauses as a way to honor yourself and reconnect with what brings you peace!

LET'S EXPLORE A LITTLE MORE!

Here are some valuable resources—books, podcasts, and YouTube videos—that explore the importance of rest and how incorporating rest into our lives can positively impact our mental, emotional, and physical health.

Books

Rest is Resistance: A Manifesto by Tricia Hersey

Hersey explores how rest can disrupt the exploitative systems that keep people in survival mode, advocating for rest as a pathway to reconnect with one's creativity, spirituality, and ancestral wisdom. By embracing rest, people can resist burnout, honor their humanity, and nurture a more compassionate, just society. This manifesto empowers readers to see rest not as a luxury, but as a vital, radical, and restorative practice.

Rest: Why You Get More Done When You Work Less by Alex Soojung-Kim Pang

This book explores the science and benefits of rest, making a case for why we should prioritize it. Pang combines research on productivity and well-being, offering examples of how successful people integrate rest and recovery into their routines.

The Art of Rest: How to Find Respite in the Modern Age by Claudia Hammond

Based on the results of a global survey, Hammond explores the different types of rest people find beneficial. She delves into simple ways to incorporate rest and provides practical guidance for making it a regular part of our lives.

Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity by Dr. Sandra Dalton-Smith

Dr. Dalton-Smith identifies seven different types of rest and explains why each is important for mental and emotional well-being. Her book includes tips on how to experience these different kinds of rest to achieve a balanced, fulfilling life.

Podcasts

The Nap Ministry Podcast

Created by Tricia Hersey, founder of The Nap Ministry, this podcast explores the idea of rest as a form of resistance and healing. Hersey discusses the cultural pressures to overwork and how

prioritizing rest can be an act of self-preservation.

Unlocking Us with Brené Brown – Episode with Alex Soojung–Kim Pang on the Importance of Rest

In this episode, Brené Brown speaks with Alex Soojung–Kim Pang about how rest and productivity are deeply intertwined, emphasizing that intentional rest makes us more creative and effective.

On Being with Krista Tippett – Episode: Tricia Hersey, "Rest as Resistance"

Tricia Hersey shares her insights on rest as a fundamental human right, emphasizing the need to slow down and disconnect in a society that rewards constant productivity.

YouTube Videos

[Rest: Why You Get More Done When You Work Less | Alex Pang | Talks at Google](#)

In this talk, Pang shares scientific insights on the importance of balancing work with rest and introduces ways to build restorative rest into our lives.

[Ep010: Rest is Resistance with Tricia Hersey](#)

This video summarizes Tricia Hersey's ideas on how rest can be an act of resistance and explores why prioritizing rest is essential for mental health, particularly in marginalized communities.

[Sleep Is Your Superpower | Matt Walker | TED](#)

Though this video focuses on sleep, it provides an understanding of how quality rest contributes to overall well-being, touching on concepts that apply broadly to all forms of restorative rest.

[7 Types of Rest to Fight Fatigue: A Webinar with Sandra Dalton-Smith, M.D.](#)

In the webinar "7 Types of Rest to Fight Fatigue," Dr. Sandra Dalton-Smith discusses the various forms of rest necessary for holistic well-being. She emphasizes that traditional notions of rest often overlook the different dimensions people may need to address their fatigue effectively. Here are the seven types she outlines: Physical, Mental, Emotional, Social, Sensory, Creative and Spiritual rest.

