



Rest & Recharge Checklist

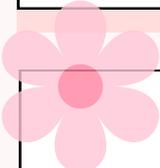
Mind

- Read 10 Pages of a Book
- Brain Dump your Thoughts
- 5 Minutes of Meditation
- Practise Gratitude
- Learn Something New
- Do a Brain Game or Puzzle
- Limit Screen Time
- Write out Your Worries



Body

- Stretch or Practise Yoga
- Drink a Glass of Water
- Take a Shower or Bath
- Eat a Nutritious Meal
- Take a Mindful Walk
- Take a Restful Nap
- Dance to Feel Good Music
- Have a Spa Evening



Soul

- | | |
|---|--|
| <input type="checkbox"/> Listen to Calming Music | <input type="checkbox"/> Spend Time in Nature |
| <input type="checkbox"/> Light a Candle or Diffuse Essential Oils | <input type="checkbox"/> Get Creative (draw, colour, paint or journal) |
| <input type="checkbox"/> Watch a Comfort Show | <input type="checkbox"/> Reminisce over Past Memories |
| <input type="checkbox"/> Write 3 Things you Love about Yourself | <input type="checkbox"/> Repeat Self-love Affirmations |
| <input type="checkbox"/> Connect with a Friend | <input type="checkbox"/> Practise Spirituality |

 Tip: You don't have to tick off everything - Just choose what works for you

