Worksheet for Sacred Rest

Question 1: *What are some ways you can commit to welcoming more rest into your life?*

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Question 2: *How can you make time for emotional self care during this time of grief, unrest, and the pressures to perform for others? Besides making time for physical rest, what boundaries need shoring up or practices could be added into your day to make space for emotional rest and renewal?*

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Question 3. Dream incubation: How can I find more rest in my life? *Any insights, decisions, or new awareness? How can you honor this insight?*

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Worksheet for Sacred Rest

Rest and Sleep Resources

How sleep deprived are you? Printable sleep scale http://bit.ly/sleepscale

Apps for rest, meditation and renewal

– *Insight timer*: many guided meditations insighttimer.com

- Calm: good for targeted rest goals, including emotional calm.com
- Dreamwell. Mood tracking, dream journal and and meditations.

Recommended Books:

Healing Night by Rubin Naiman

Sacred Rest by Saundra Dalton Smith

Rest as Resistance by Tricia Hershey

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