8th December 2021

Rest

GIVE YOURSELF PERMISSION TO RECHARGE

If you are tired, learn to rest.

What do you think the most common response is to 'how are you?' Shattered or words to that effect come pretty high up there.

Start a good habit of looking after yourself by resting. What does that look like? A bath, laying In bed 30 mins before bedtime to relax and unwind, making a hot cuppa and giving yourself the time to drink it.

Rest for a moment every day. You need to recognise how much it will help you.