

## Put it down

### KNOW WHEN IT IS TIME TO REST

A pink rectangular card with the words 'invest in rest' written in a black, cursive script. The card is set against a green background decorated with Christmas ornaments, including gold and silver baubles, gold snowflakes, and pine branches.

invest  
in  
rest



*I am a science teacher by trade and today all those colleagues over the years are breaking up for Christmas today. But here is the thing ... all the lesson prep still needs to be done for that first week back and many teachers spend valuable holiday / rest time getting work done for next term.*

*My advice is PUT IT DOWN*

*When we give ourselves the opportunity to really rest, we come back stronger, more efficient, more purposeful and ready to be great. I believe it is false economy to work through the holidays. I give you permission, whatever your job, give yourself a break over this holiday season.*