

Do You Know When It's Best to Rest?

It is simple as 1, 2, 3.

"When you rest, you catch your breath and it holds you up, like water wings..."

— Anne Lamott

You are a human being, not a human doing. You need rest. We cannot give from an “empty vessel” as the saying goes. So how do you know when it is best to rest?

Are you exhausted?

Are you struggling to accomplish tasks?

Are you feeling overwhelmed, overworked, or overstimulated?

Is your inner critic driving you to put in more hours without recharging?

If the answer is yes

The **FIRST** and most empowering step is to release unrealistic expectations and listen to your body.

Is it telling you to rest?

Are you treating it like a machine?

Are you holding the world up for too long and your arms are tired?

Take some time to reflect on when it is best to rest. Acknowledge your humanness and determine when it is best for you to recharge. You would never let your phone go uncharged and expect it to work. Don't do that to yourself.

“Ok, how?” You ask. Are you thinking there is no time?

“Hello Brain, There IS time!”

To master a mindset to enable you to rest, the **SECOND** step is to understand that the brain is telling you a story that there is no time. It is telling you that horrible things will happen if you stop, but at a certain point, the exhaustion is so real that the truth is you are doing more damage than good.

Such as...emailing the wrong person, making a bad impression, blowing up in rage at someone who just happens to push your buttons at the wrong time.

The myth that you cannot rest may even become a full-time mindset. We believe our thoughts. Those thoughts are wasting our time.

The **THIRD** step, try to set your brain straight that far worse happens if you get too tired and do not recharge. Tell yourself that you will get more accomplished when you are fresh. See your ego and gently, and kindly, tell it to step aside. Compassionately, tell your ego the thing it can't bear to hear....

That the world will not fall apart if you rest.

Easy as 1, 2, 3. Well, maybe simple, but not easy. Give it a try.

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