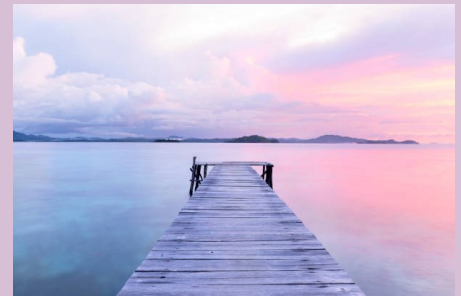


## Rest and Digest: A Restful Invitation

You're invited to step out of typical stress response patterns and give your nervous system a break. Suggested weekly activities are designed to soothe your mind, body, and soul, and create new neural pathways for more peace, joy, and ease.

Give them a try to see if these practices work for you— affecting your body, mental wellbeing, relationships, and daily living.



### Why Rest and Digest?

When we are under stress our sympathetic nervous system or 'fight or flight' response kicks into gear. This response is helpful in acute situations, but can lead to various health problems and unhelpful thought patterns when it stays 'on' over time. Our goal is to engage our parasympathetic nervous system— the one that helps us 'rest and digest' and tells our body and brain it is safe to resume typical essential functions— like digestion, sleep, learning, and problem-solving.

### How this challenge works:

This challenge runs March 4th– 31st. Use the following weekly logs to try 1-2 of the suggested restful practices each day— you could do the same ones or switch it up. We'll also be paying attention to and making time for sleep, but don't worry— that's not the same as *getting* good sleep. Watch for emails and related events to use science-backed techniques to support your restful efforts.

**Submit completed logs** by April 8th with at least 24/28 days logged to earn 15 Health Yourself points and enter prize drawings. Watch for an upload link coming from Jess to turn yours in.

Much of our resistance to rest, sleep, and slowing down is an ego problem. You believe you can and must do it all because of our obsession with individualism... Nothing we accomplish in life is totally free of the influence of spirit and community. We do nothing alone.

-Tricia Hersey

# Rest and Digest: A Restful Invitation

Name: \_\_\_\_\_

What restful practices did you try?

What did you notice about  
your sleep?

Mon

3/4

Tues

3/5

Wed

3/6

Thurs

3/7

Fri

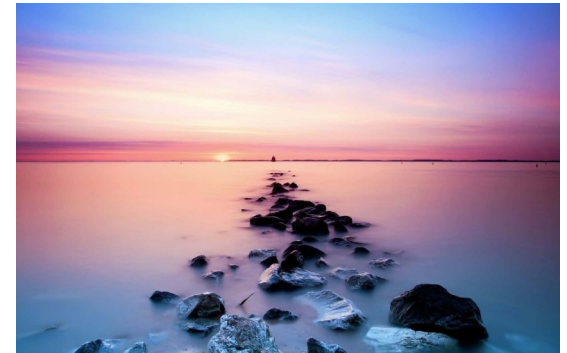
3/8

Sat

3/9

Sun

3/10



**Week 1:** This week we are starting with small rest practices and gathering data around your sleep. Pick one or more of the restful practices below to try each day and just notice your sleep practices and quality.

- Take a 5 minute rest in your day away from your phone
- Meditate or simply focus on a positive feeling or memory for 2 minutes.
- Stop and take a couple deep belly breaths at transition points in your day.
- Turn off notifications on your devices
- Keep your phone 10-20 feet away from you at work.
- Put your phone in another room 1 hour before bed and keep it there the whole night. If this feels hard, keep doing it until it doesn't.

# Rest and Digest: A Restful Invitation

Name: \_\_\_\_\_

What restful practices did you try?

Did you make time for sleep?

Mon

3/11

Tues

3/12

Wed

3/13

Thurs

3/14

Fri

3/15

Sat

3/16

Sun

3/17



**Week 2: This week we are using mealtimes and food to promote rest and regulation for your nervous system. You'll also aim to make time for 7-9 hours of sleep.**

- Take a moment to pause & breathe as you sit down to eat at each meal
- Eat without screens in front of you
- Fast for 12-16 hours to give your digestive system a break
- Eat probiotics— from yogurt, kimchi, sauerkraut, or miso
- Avoid caffeine and sugary foods and beverages today
- Balance meals and snacks with protein, fat, and carbs today
- Try to notice the taste of each ingredient in your meals
- Do a longer tactile food project— like kneading and baking bread

# Rest and Digest: A Restful Invitation

Name: \_\_\_\_\_

What restful practices did you try?

Did you make time for sleep?

Mon

3/18

Tues

3/19

Wed

3/20

Thurs

3/21

Fri

3/22

Sat

3/23

Sun

3/24



**Week 3: Use the following restful practices to complete the stress cycle, telling your body it is safe, and carve out time for 7-9 hours of sleep.**

- Move your body enough to get you breathing deeply for 20-60 minutes
- Dance or shake it out to 3 songs
- Take several deep belly breaths throughout the day
- Intentionally connect with people today
- Find a way to share a laugh with someone, or turn on your favorite comedian to guarantee some deep belly laughs
- Share physical affection— like a 6-second kiss, or a 20 second hug with a loved one, or cuddle a pet
- Have a good cry
- Do something creative

# Rest and Digest: A Restful Invitation

Name: \_\_\_\_\_

What restful practices did you try?

Did you make time for sleep?

Mon

3/25

Tues

3/26

Wed

3/27

Thurs

3/28

Fri

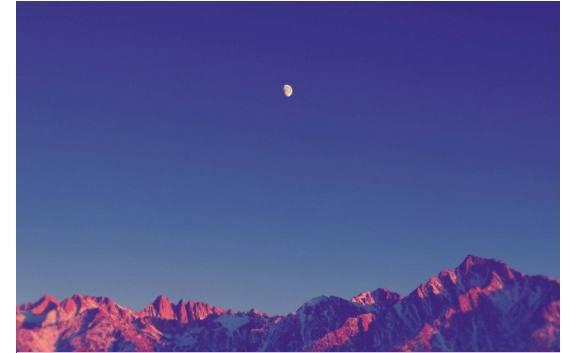
3/29

Sat

3/30

Sun

3/31



**Week 4: This week we are using grounding practices to connect to the present time and space. This helps to remind your brain you are safe; there's no tiger chasing you. You'll also aim to make time for 7-9 hours of sleep.**

- Give yourself time to get to your destination early, take some deep breaths, and notice 4 things you see, 3 things you hear, 2 things you physically feel, and 1 thing you smell
- Spend time in a body of water
- Tense and release all the muscle groups in your body, one by one
- Hum or sing a song
- Go on a walk or hike outside
- Garden or pot indoor plants
- Try a cold plunge or shower