

DIFFERENTTYPES

OF REST

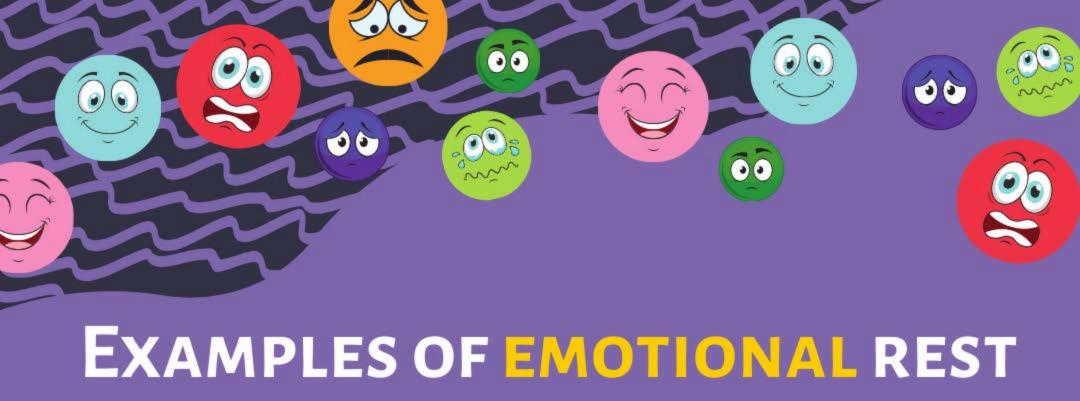


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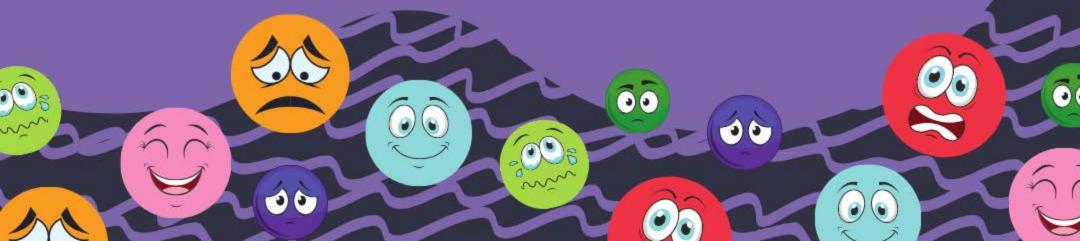








- Meditation
- Going on holidays
- Exercising
- Routines (these put us in auto-pilot neutral)
- De-stress by doing things you enjoy





- Cancelling plans
- Alone time
- 'Me' time
- Hanging with your pet





- Meditation
- Praying
- Journaling/storytelling
- Engaging in rituals
- Spending time in nature

