

# BEST FOR REST RESOURCE GUIDE

## PRACTICAL TIPS

- Commit to being "good" at one or two things instead of trying to do everything.
- Put a timer on your phone and resolve not to answer any calls, check email, or engage in any social media for 30 minutes.
- Look through old photos with no goal of organizing them. Reflect on the memories.
- Take a hot bubble bath (and lock the door!).
- When alone in the car, turn off the radio and enjoy the silence.
- Plan empty space in your calendar. Yes, actually mark it off...and then decide what to do with the extra time when it comes.
- Make it a priority to eat at least 4 meals with your family or friends weekly. Sit down, eat slowly, and talk.
- Practice gratitude. Keep a journal by your bedside and write down at least 3 things you are thankful for each day.
- Give yourself a "time-out" and use it to rest. Lie back, close your eyes, and breathe deeply. Even 10 minutes will make a huge difference!
- Find a place outside to sit and read.
- Create something without the pressure of having to do it for something or someone. Paint, color, sew, cook, garden...
- Do something silly every once in a while. You are never too old to play and have fun!
- Sit by the stillness of water any chance you get. Buy yourself a small fountain just to hear the soothing sounds.
- Learn to laugh...especially at yourself!

## SCRIPTURE VERSES

Genesis 2:2-3	Isaiah 40:28-31
Psalms 23:1-3	Matthew 11:28-29
Psalms 62:1-5	Mark 6:30-32
Psalms 91:1	Luke 5:15-16

## BOOK RECOMMENDATIONS

*Crazy Busy* Kevin DeYoung  
*Even God Rested* Kim Thomas  
*Overcoming Overload* Steve & Mary Farrar  
*Margin* Richard A Swenson, M.D. When  
*Women Who Long to Rest and When You're*  
*Running on Empty* Cindi McMenamin