

Doing Less Without the Guilt

For the guilt that turns up every time you rest.

WHEN TO USE THIS

Use this on a day you rested and felt bad about it.

What did you not do today?

What does the guilty voice say to you about that?

What would you say to a friend living in your body?

What did resting today make possible?

Rest is part of the work of being unwell. It is not time off from your life.