

REST AND RECOVERY PLANNER

Revitalize Your Energy, Alleviate Overwhelm, and Achieve Balance

Rest is not a reward—it's a need.

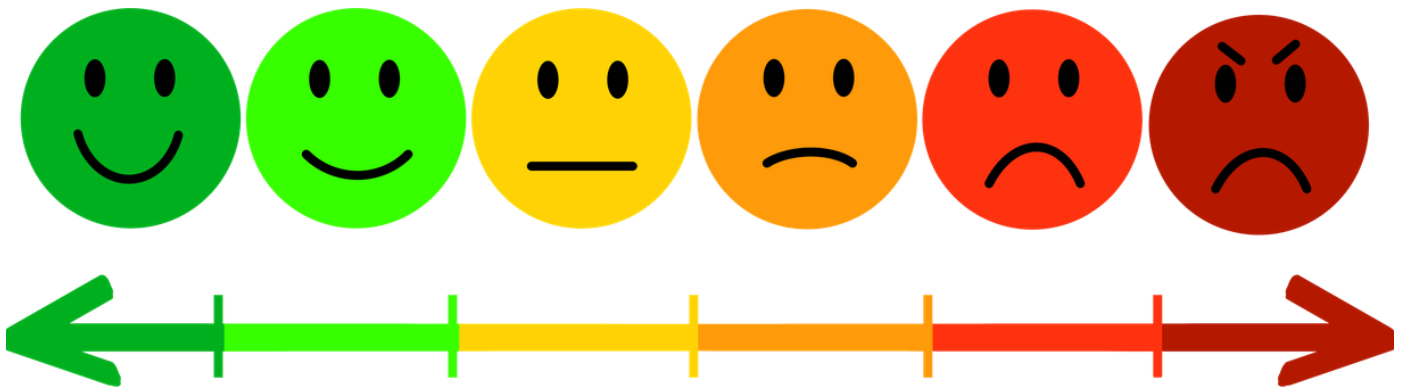
Without enough rest, you may feel:

- **Constantly tired**
- **Mentally overwhelmed**
- **Emotionally drained**

Recovery helps you reset your energy and function better.

Energy Check-In

Right now, my energy feels:



What's contributing to this?

Overwhelm Check

What feels most overwhelming right now?

How is it affecting you?

What Kind of Rest Do I Need?

Check what feels true:

- Physical rest (sleep, breaks)
 - Mental rest (quiet, less stimulation)
 - Emotional rest (talking, expressing)
 - Social rest (time alone or with safe people)
 - Creative rest (inspiration, low-pressure activities)
 - Sensory rest (less noise/screens)
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Current Rest Habits

How am I currently resting?

Is it helping me recharge?

- Yes
 - No
 - Not enough
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Small Recovery Shifts

What is one small way I can rest better today?

What can I reduce or pause?

Daily Rest Plan

Today, I will:

- Take intentional breaks
 - Step away from screens
 - Get enough sleep
 - Do something calming
 - Slow down my pace
 - Other: _____
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Work-Life Recovery Balance

Am I making space for recovery?

- Yes
- No

If not, what needs to change?

Weekly Recovery Plan

This week, I will:

- Schedule rest time
- Protect my downtime
- Say no when needed
- Do one activity I enjoy
- Spend time recharging

- [] Other: _____
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Reflection

What does feeling “rested” look like for me?

What would improve if I prioritized recovery?

Rest is not laziness. Recovery is not optional. Taking care of your energy is how you keep going.

“Rest is part of the process.”