

Too Tired for the Holidays?

Use This Rest-First Holiday Checklist

ENERGY CHECK



Low



Medium



Stable

THE SWAP

One thing I feel pressured to do:

.....

One thing I will choose instead:

.....

20-MINUTE REST BLOCK



Sitting quietly

Lying down

No phone

Slow breathing

BOUNDARY SENTENCE

"It is okay to pause.

The holiday will still happen even if I rest."

REFLECTION

Right now, I am grateful for this moment of quiet because...

.....

Find more calm and support at timeformoremetime.com