EMBRACE MENTAL WELLNESS NEWS

July 2021

Why Rest?

- Taking time away from grueling schedules calms the mind, offers perspective, and the spirit.
- Rest is meant to be a habit, not a rare luxury.
- Taking regular time away from your obligations ensures a deeper capacity to do what you love.

So What's Rest to You?

- What does rest mean to you?
- Which activities make you feel renewed and restored?
- Do you set time aside to rest?

Over the next months I will be introducing the Embrace Cards. These cards offer encouragement and suggestions for hope, possibilities, self acceptance and more.

Suggested Action Plan

- Schedule some time each day or week to stop, unplug, and rest.
- 10 mins/, 30 mins, the whole evening? It's your choice.
- Designate and seek out restful places that bring you calm.
- Learn to say no when you are overextended.
- Remember saying no chaos and distress can be saying yes to rest and balance.

How do you currently embrace rest?

Do share.

If you ever need help with reducing feelings of chaos, uncertainty or overwhelm, contact Jumoke, Cara or Chris at Embrace Mental Wellness at https://nebraskatherapist.com/contact/
We help adults with tools and strategies to embrace rest in the midst of chaos.

If you would like additional cards or the full deck of 54 cards or have other questions please contact Embrace at info@nebraskatherapist.com