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# Rest Practices

List extracted from “Permission to Rest” by Ashley Neese

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## In Order Within the Book

- ❖ One-Minute Rest
- ❖ I feel Rested When
- ❖ Create a Rest Box
- ❖ Vagus Nerve Reset
- ❖ Rest Visualization
- ❖ Recalling Rest
- ❖ Resting in Safety
- ❖ Orienting
- ❖ Social Media Sabbatical
- ❖ Tending to Our Feelings
- ❖ Silence
- ❖ Observing & Naming
- ❖ Unpack Limiting Beliefs
- ❖ One Thing at a Time
- ❖ Music Meditation
- ❖ Cultivate a Rest/Work Rhythm
- ❖ Calling a Pause
- ❖ Somatic Boundaries
- ❖ Anchor in the Present
- ❖ Tracking Satisfaction
- ❖ The Rhythm of Breath
- ❖ Embody Nature
- ❖ Ritual Bath
- ❖ Nature Bathing
- ❖ Use Your Senses
- ❖ Earthing

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- ❖ Flower Meditation
  - ❖ Tending to a Plant
  - ❖ Pruning
  - ❖ Tea Meditation
  - ❖ Moon Rituals
  - ❖ Writing Integration
  - ❖ Group Practice Tips
  - ❖ Secular Sabbath
  - ❖ Visioning a Rested Life