



Rest and Restore Discussion Questions

December 2023

Rest can mean something different for everyone. It could be music, nature, reading, meditation, or a nap and quiet – or whatever works for you.

1. What does rest mean to you?
2. What activities help you feel the most restored and relaxed?
3. How do you prioritize rest?
4. How do you know when it's time to take a break and recharge?
5. What coping skills help you stay present and calm?
6. Do you resist resting? If so, why do you think that is?
7. How often do you take breaks from computer and phone screens to rest and recharge?
8. What are the ways you honor yourself with rest?
9. Do you schedule time for rest?