



Keeping on track through resting

The purpose of this exercise is for you to think about your downtime, how you like to spend it and how it makes you feel.

When I am well rested

- I make better decisions
- I feel relaxed
- My mood improves
- Take things in my stride
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When I am not rested

- I worry more
- I get anxious
- I feel low
- Struggle to cope
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I know I need more downtime when....I get irritable, I feel frazzled, I feel overwhelmed.....
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I recharge by....having a nap, reading, having a cup of tea, spending time outside, going for a short walk, meditating.....
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Are there any barriers and what can I reasonably change?
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