

Source: Tricia Hersey - Founder of the Nap Ministry, @thenapministry Instagram post

Resting can look like:

1. Closing your eyes for 10 minutes.
2. A longer shower in silence.
3. Meditating on couch for 20 minutes.
4. Daydreaming by staring out of a window.
5. Sipping tea before bed in the dark.
6. Slow dancing with yourself to slow music.
7. Attending or turning in to a Sound Bath.
8. A Sun Salutation.
9. A 20 minute timed nap.
10. Praying.
11. Creating a small alter.

Resting can look like PART 2:

1. A long hot bath.
2. Taking regular breaks from social media.
3. Not immediately responding to texts and emails.
4. Deep listening to a full music album.
5. A meditative walk in nature.
6. Knitting or crocheting.
7. Playing a musical instrument.
8. Deep eye contact.

The Nap Ministry

@thenapministry