



21 DAY REST CHALLENGE

Incorporate some form of **REST** everyday! Here are **21 Ways To Add More Rest and Rejuvenation to Your Life!** Simply choose at least one to incorporate each day!



TAKE A BREATHING BREAK

One of the most powerful and effective ways to bring more balance, rest and rejuvenation back into your life is to breathe using the diaphragm (belly).



TAKE A DIGITAL DETOX

Technology is a natural energy drainer. Take one day off from your phone, computer, or TV to be more present in your life.



KEEP CALM & MOVE MORE

Movement clears your mind, burns up added stress and makes you feel alive and energized. It's a great way to wash the brain!



WHITE SPACE

White space is time for YOU! It is a time to de-stress, rejuvenate, and rebuild so that you can perform at your absolute best.



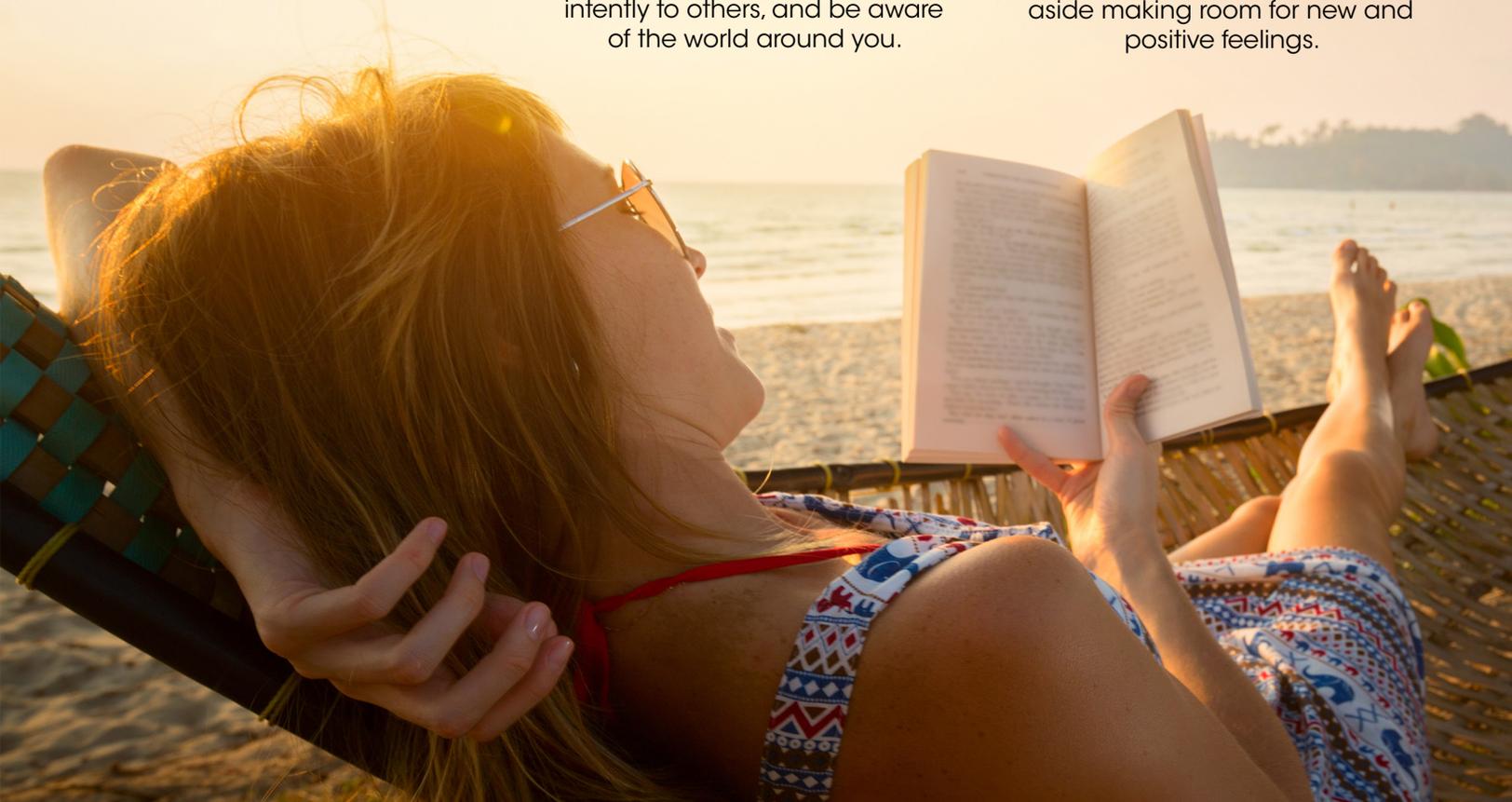
BE MINDFUL

Where the mind goes, energy flows. Be present and mindful in everything you do. Eat slowly and savor each bite, listen intently to others, and be aware of the world around you.



LABEL YOUR FEELINGS

Feeling stressed, frustrated, and angry? That's okay! Simply, label them according to how you are feeling and toss them aside making room for new and positive feelings.





EAT MORE MAGNESIUM RICH-FOODS

Think of magnesium as your relaxation mineral. Sources include cacao, figs, leafy greens, and wheatgrass.



THINK POSITIVE THOUGHTS

We think with our entire body. What we say affects how we feel. How we feel affects how we behave. How we behave affects what we achieve. Make success and achievement your most dominant thought.



LISTEN TO MUSIC

Soft music is a great way to relax the mind.



SLEEP MORE

Lack of sleep is the fastest way to age the human body. Plan for 7-8 hours of sleep each night.



TAKE A BATH!

Epsom Salt is one of the highest sources of calming magnesium but must be absorbed through the skin. Add 1-2 cups of Epsom salt to a bath for a great way to get your calm on.



JUST DANCE

Shaking your booty doesn't just get you burning calories, it helps to release feel good endorphins that improve your mood and make you feel happy.



TAKE A VACATION!

Time away from work can help us rejuvenate! Being exposed to a new place no matter how far away, may even boost creativity and performance.



TAKE A STAY-CATION

Get organized, de-clutter, sleep in, and catch up on the simple things by staying right in the comfort of your own home.



NAMASTE!

Yoga is a great way to connect your mind and breath. It helps relieve anxiety and stress all while boosting energy levels and improving our overall well-being.



GET A MASSAGE

Massage is a great way to soothe the mind, body, prevent injuries, improve sleep, and reduces stress.



TRY MEDITATION

Meditation is the unconscious state of relaxation that can help you let go of stress, anxiety, and negative energy. Simply start in silence, close your eyes, and focus on your breath and intentions.



SMILE

This simple act of kindness is contagious and can make all the difference on someone's day.



LOOK AT THE STARS

Be a stargazer and enjoy all of the beauty the world has to offer.



LIGHT A CANDLE

The simple process of lighting a candle can create a calming and relaxed atmosphere helping you to unwind. Choose a calming scent like lavender, eucalyptus, or peppermint.



EXPERIMENT WITH ESSENTIAL OILS

When used properly, essential oils can be used to treat specific ailments and provide greater balance. Our favorite oils include ELT Aromatherapy blends. Simply add a few drops to a diffuser or bath tub.

