My Respite Menu

Decide ahead of time, so on a hard day you can just pick something off the list. Circle one. Do it without guilt.

5 minutes

a breather

- Step outside and stand still
- Warm drink, no phone
- Unclench your jaw, drop your shoulders, breathe
- Close your eyes, count ten breaths

30 minutes

a real pause

- A shower or bath
- A short walk or sit in the sun
- A show or book, door closed
- A nap with an alarm set

Half a day

a bigger reset

- Someone else covers, and you leave the house
- Do one thing just for fun
- Nothing planned on purpose
- Time with a friend, or alone

Who could cover me?

My promise to myself this week