

What resting sounds like:

I'll take a short rest before continuing

I just want to be without doing anything for a bit

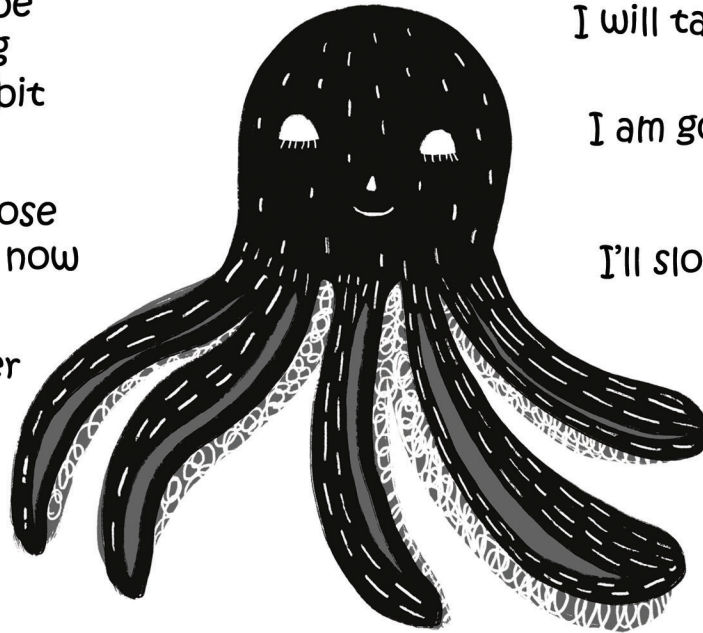
I will take a break

I am going to reset my energy

I'm going to choose a calmer activity now

I'll slow down for a little bit

I will take a breather



I am going to listen to my body's needs

What resting looks like: