



Reflection:

Rest



From the podcast:

The Human Story

S1 E2 - 16/07/2025

Rest- More Than Sleep

[Listen Online ►](#)

“You can’t know what rest will do for you... until you rest.”

Take 10-15 minutes.
Find a quiet space.
Be honest with yourself.

1. What does rest currently mean to me?



When I hear the word rest, what is the first thing that comes to mind?

2. Where am I most depleted right now?

What feels true:

- ☐ Physical
- ☐ Mental
- ☐ Emotional
- ☐ Social
- ☐ Spiritual
- ☐ Creative
- ☐ Sensory

What feels most neglected?

3. What has my body been trying to tell me lately?

Examples: irritability, brain fog, anxiety, exhaustion, poor sleep, feeling disconnected.

4. Where am I saying “yes” when I actually need to say “no”?

What commitments, expectations, or relationships may be draining me?



5. Where do I feel safest to truly rest?

Think about people, places, practices, or moments.

6. What kind of rest is my soul asking for right now?

Examples: sleep, solitude, movement, prayer, nature, creativity, silence, honest conversation.

7. What is one intentional act of rest I will practice this week?

Be specific.

I will:

When:

Closing Reflection

If I truly believed rest was my human right, I would...

Continue the Journey.

The Human Story is a space for honest conversations about being human exploring psychology, spirituality, relationships, healing, and growth.

Listen on Spotify, Apple Podcasts, or explore more episodes and resources at [Yoked.co.za](https://yoked.co.za).

[Continue on our website ►](#)

[View on Apple Podcasts](#) 

[View on Spotify](#) 

