

Ways to Reward Yourself and Allow Yourself to Rest

Reward Yourself

It's important to incorporate things you really look forward to into your schedule— whether it's on a daily, weekly, or monthly basis. Or all three!

Some ideas:

A Consumable Reward—

A hot cup of tea at the end of a cold run

A dessert at the end of the week

A bowl of popcorn while you write

A dinner out after a month of sticking to your new budget.

A Body Reward—

A massage after a month of kick-boxing class

A bubble bath after deep-cleaning the bathroom

An expensive, healthy food you really like after a week of healthy eating

An Entertainment Reward—

A pure “candy” book after finishing that good-for-you read

A T.V. show after completing your to-do list

A play after reaching a word-count benchmark.

Rest

Attempt to plan rest daily, weekly, monthly, and yearly. Your daily rest may only be for a half hour or an hour, but your yearly rest should, ideally, be for an extended length of time. Your brain and body can rest and reset in different ways over a week-long vacation than an hour of reading.

Remember, everyone is different. An evening out with friends or with family might be fun on occasion for the introvert, but not restful. Also remember that, especially if you do a lot of work from home, sometimes it's important to change location.

It may be beneficial for your weekly and yearly rest to be ***a break from one or all of your activities***. This is especially important if your resolutions have to do with exercise. Don't hurt yourself!

Here are some ideas:

Daily:

Read a fun book

Go for a walk
Play a game
Watch a show (notice, that's singular!)
Snuggle with your animal, blanket, or significant other

Try to rest for at least a half hour every day.

Weekly:

Pick a day. Pick a few hours in a day.

The Sabbath is supposed to be a day of rest. For many of us who are involved in our churches, Sunday is not a day of rest. If your Sunday is exhausting, pick another day.

It's also okay to be flexible and accept some invitations (especially if something can't be done another day), but it's not wrong to offer an alternative day or time. Simply telling the friend or family member that you need some time to rest should hopefully help them understand.

Yearly:

Vacation, stay-cation, vacation that looks like a stay-cation— you name it! Again, don't assume that any ole vacation is going to be restful. Consider what is actually restful for you. I have mentors who go on reading vacations...I think they're geniuses! If you don't like to read, that probably sounds like torture, and that's okay. Find something that sounds delightful to you. It doesn't need to cost a lot of money. But, if possible, try to at least take a few days or a week.

These breaks can also be a good opportunity to re-asses the resolutions you've made— what's working? What isn't? Do you still want the same things?

I hope this is helpful!

Peace,

Donielle