



7 Strategies to Feel Vibrant & Accomplish More



 QUEEN^{OF} REST

Bonus Video

Chaos to Calm Reset

Gentle Reflection

Take 1-2 minutes to check in with yourself:

How did this feel in your body?

What shifted – physically, mentally, emotionally?

Where did you feel the most tension... and where did you feel release?

Would this be something you could come back to in your day?



Day 1

Physical Rest

Gentle Reflection

Once you've done the practice, take a moment to check in:

Where are you holding tension right now?

How did your body respond to that short pause?

What's one small act of physical rest you can give yourself today?



Day 2

Mental Rest

Gentle Reflection

Once you've done the practice, take a few minutes to reflect:

What surprised you about this moment of stillness?

Which part of the exercise felt easiest – and which felt hardest?

What's one small way you could weave this into your day?



Day 3

Sensory Rest

Gentle Reflection

Once you've done the practice, check in with yourself:

Which of your senses feels most overstimulated lately?

What's one small way you could soften or reduce that input today?

What does overstimulation feel like in your body?



Day 4

Emotional Rest

Gentle Reflection

After the practice, take a moment to ask yourself:

What emotions have I been pushing down or avoiding?

What would it feel like to stop performing "fine"?

Where in my life do I need emotional rest most?



Day 5

Creative Rest

Gentle Reflection

After the video, take a few minutes to notice:

What did you find beautiful today – and why?

When was the last time you felt inspired just by noticing?

Where could you make more space for beauty or awe in your daily life?



Day 6

Social Rest

Gentle Reflection

After the video, take a moment to reflect:

Who in your life truly sees you?

Where are you over-extending, over-explaining, or hiding parts of yourself?

What kind of social support do you wish you had more of right now?



Day 7

Spiritual Rest

Gentle Reflection

If you'd like to explore this more:

What anchors you when life feels overwhelming?

What's one small way you could reconnect to your values this week?

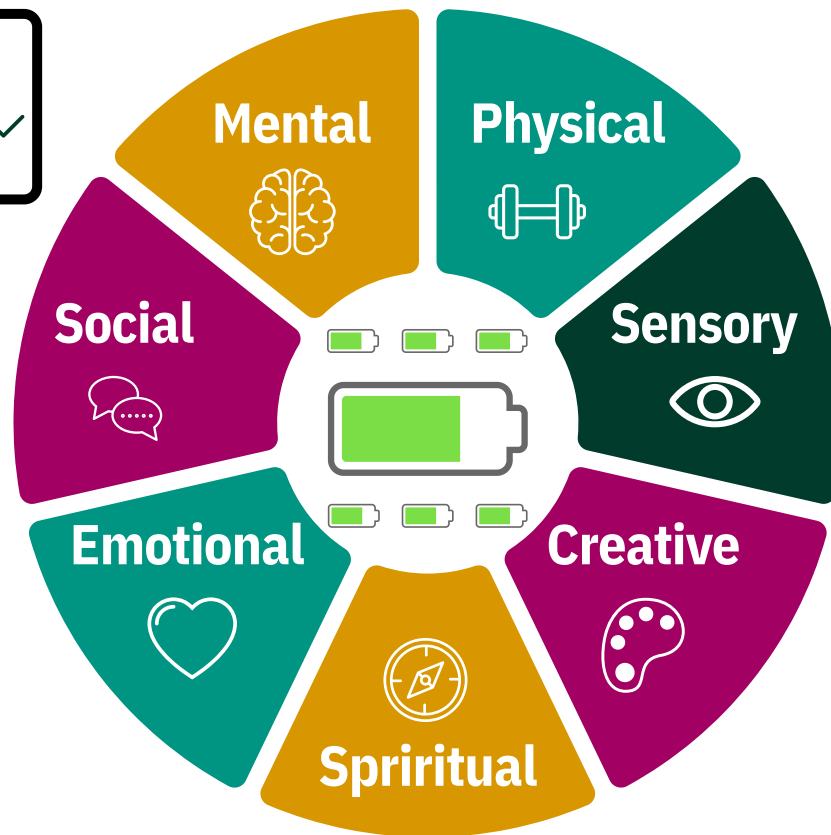
Where in your life do you feel most spiritually "at home"?



7 TYPES OF REST & REST SNAPSHOT



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Physiological Sigh:

⤴ 2 inhales -> slow sigh ⤵

RATE YOUR CHARGE (0-5)

Quick action I'll try today / this week (Fill in next to Rest Type. Find ideas overleaf or create your own.)

Physical: QA:

Mental: QA:

Sensory: QA:

Social: QA:

Creative: QA:

Emotional: QA:

Spiritual: QA:



MICRO-STRATEGY CHEAT-SHEET



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Physiological Sigh:

⤴ 2 inhales -> slow sigh ⤵

- 🚚 Physical – micro: 90-sec desk stretch; mini: 20-min walking break;
- 🖌 Mental – micro: 1-min sit back in chair focusing on breath; mini: Brain-dump list;
- 🚫 Sensory – micro: 60-sec eyes closed, hands on eyes; mini: 10 min no-screen/earbuds;
- 🎨 Creative – micro: 1-min get fascinated by an object; mini: Changing work location;
- 🎵 Emotional – micro: Two-sentence journal; mini: 5-min dance/move to and feel music;
- 🤝 Social – micro: Text someone you trust ; mini: Call an energising friend;
- 🕯 Spiritual – micro: 60-sec gratitude pause; mini: notice & appreciate your connection with your community;

24 - Hour Challenge

✓ I've scheduled my action for



Notes



Notes





Ready to go deeper?

If this series has stirred something in you - a need for more space, clarity, or calm - you don't have to figure it out alone.

Book a complimentary Rest Consultation with Ula



or visit: www.queenofrest.co.uk

Let's talk about where you're feeling depleted and how to gently refill your cup.



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