



Radical Rest TOOLKIT

**REST AND THRIVE FOR BUSINESS GROWTH
EMPOWER YOUR REST, BOOST YOUR PRODUCTIVITY**

BY SHALECE L. DANIELS

LIVE AS IF
SHALECE DANIELS





INTRODUCTION TO THE RADICAL REST TOOLKIT

WELCOME TO YOUR RADICAL REST JOURNEY

The Radical Rest Toolkit, is a guide filled with free resources that help you integrate rest and ease into your busy life. The apps and platforms will support your journey towards better rest, improved productivity, and overall well-being. Whether you're a business owner, solopreneur, or executive tip toeing out of the hustle culture, this toolkit is tailored for you. Let's transform the way you thrive, together.

Daily Mindfulness and MEDITATION

Start your day with calmness and mindfulness using these top-rated meditation apps:



Insight Timer

INSIGHT TIMER

Description: Access thousands of free guided meditations, mindfulness exercises, and sleep aids.

Benefit: Helps you start your day with a sense of calm and maintain mindfulness throughout the day.

Link: [Insight Timer](#)



SMILING.
MIND.

SMILING MIND

Description: Free mindfulness and meditation programs tailored for various age groups and life situations.

Benefit: Short, effective exercises to reduce stress during breaks.

Link: [Smiling Mind](#)

Stress-Relief

TECHNIQUES

Manage stress and anxiety effectively with these apps



BREATHE 2 RELAX

Description: Free guided breath work exercises and stress management tools.

Benefit: Teaches you how to use breathing techniques to manage stress and anxiety.

Link: [Breathe 2 Relax app](#)

(Download the Breathe2Relax app for free from both the Apple App Store and the Google Play Store)



STOP, BREATHE & THINK

Description: Free guided meditations and mindfulness exercises focusing on emotional wellness.

Benefit: Provides easy-to-follow practices to help reduce stress and increase relaxation.

Link: [Plum Village](#)

Digital Detox PLANS

Take a break from your digital devices and enjoy some tech-free time with these tools:



FOREST

Description: Encourages you to stay focused by planting virtual trees that grow when your phone is not in use.

Benefit: Helps reduce phone dependency and promotes digital detox.

Link: [Forest](#)



FREEDOM

Description: Blocks distracting websites and apps for a limited time in the free version.

Benefit: Assists in creating phone-free times and spaces for better productivity and sleep.

Link: [Freedom](#)

Productivity and **FOCUS TOOLS**

Boost your productivity and maintain focus with these helpful tools:



FOCUS BOOSTER

Description: Implements the Pomodoro Technique with timers and productivity tracking for up to 20 sessions.

Benefit: Enhances productivity by encouraging focused work periods with regular breaks.

Link: [Focus Keeper](#)



TODOIST

Description: Task management, priority setting, and time blocking in the free version.

Benefit: Helps you organize tasks and avoid double booking by providing a clear overview of your schedule.

Link: [Todoist](#)

Sleep Improvement **RESOURCES**

Improve your sleep quality with these apps designed to track and enhance your rest:



SLEEP CYCLE

Description: Tracks sleep patterns and provides sleep analysis with basic features in the free version.

Benefit: Helps improve sleep quality by monitoring sleep and suggesting improvements.

Link: [Sleep Cycle](#)



BETTER SLEEP

Description: A variety of relaxing sounds and white noise with the free version.

Benefit: Provides calming audio to help you unwind and prepare for a restful night's sleep.

Link: [Better Sleep](#)

Physical Wellness

INTEGRATION

Incorporate quick and effective physical wellness routines into your daily schedule:



SEVEN

Description: 7-minute workout routines that can be done anywhere with the free version.

Benefit: Offers quick and effective workouts that fit into a busy schedule.

Link: [Seven](#)



STRETCHIT

Description: Basic guided stretching routines for flexibility and tension relief and somatic healing in the free version.

Benefit: Helps alleviate physical tension and improve posture, especially after long periods of sitting.

Link: [StretchIt](#)

Community SUPPORT

Connect with like-minded individuals and experts for support and shared experiences:



PODCAST

Description: Therapy for Black Girls (TFBG) is a podcast dedicated to encouraging the mental wellness of Black women and girls.

Benefit: Provides a space to relate, learn, and heal on your rest journey.

Link: [Therapy For Black Girls Podcast](#)



COMMUNITY SUPPORT

Description: A wellness collective creating spaces for Black people to heal from intergenerational trauma.

Benefit: It's important to actively seek healing and cultivate spaces that allow us to reconstruct understanding of our community and ourselves.

Link: [Transparent Black Girl](#)



SHALECE

Daniels

www.liveasif.co

[@coachshaleced](https://www.instagram.com/coachshaleced)

