

## 12. Restorative Wellness

**Definition:** Restorative Wellness is the practice of prioritising rest, recovery, and renewal to restore balance in mind, body, and energy. It involves cultivating habits that prevent burnout, sustain vitality, and create space for healing and resilience.

### **Restorative Wellness Checklist**

- Maintaining healthy sleep routines
- Scheduling intentional downtime and breaks
- Practising relaxation techniques (breathwork, meditation, restorative yoga)
- Allowing space for recovery after periods of stress or exertion
- Listening to your body's signals for rest and renewal
- Creating environments that support relaxation and restoration
- Using energy-healing or mindfulness practices to recharge

### **Reflective questions**

- Do I allow myself time to rest and recover without guilt?
- Do I maintain healthy sleep habits that support my energy and focus?
- Do I practise relaxation techniques that help me release stress and restore balance?
- Do I listen to my body's signals when I need to slow down?
- Do I create space for restoration after periods of stress or burnout?