

Quiet Hour Rack Card Template

This template can be used to create a rack card for self-led sessions. It summarizes what Quiet Hour is and includes the main steps so people can do it on their own. You can use it as a starting point in this Word document or recreate it in your favorite graphics design software.

The layout comes with pre-written text and designated sections for you to personalize, such as adding your logo, location, and contact details.

Below is an example of the rack card that shows you where you can add specific custom information.

In blank areas 1 and 2, you can add details like your organization's logo.

In blank area 3, if your organization hosts the Quiet Hour for Individuals Audio Program, add information on how people can access the program.

In blank area 4, if your organization offers Quiet Hour guided group sessions, add information where people can find when and where the sessions are held.

In blank area 5, you can add things like your organization's contact information.

Next, print the cards double-sided on cardstock and offer them wherever your audience might see them, as in brochure holders or with other handouts. Or you could add the card's information as part of a brochure your organization already gives out.

<div data-bbox="527 1283 756 1360" style="border: 1px solid black; width: 141px; height: 37px; margin: 0 auto 10px auto;"><h1 style="margin: 0;">1</h1></div> <div data-bbox="527 1367 756 1392" style="text-align: center;"><h2 style="margin: 0;">Feel Inner Peace Outside</h2></div> <div data-bbox="527 1404 756 1455" style="text-align: center;"><p style="margin: 0;">Would you like to de-stress and relax in nature? Here's a peaceful process you can try.</p></div> <div data-bbox="527 1472 756 1854" style="text-align: center;"><ol style="list-style-type: none">1. Find a quiet, natural spot.2. Pause using electronic devices and talking during the process.3. Sit or lie down. Maybe rest your hands or bare feet on the ground.4. Let everything else go. Rest here.5. Notice your breathing. Maybe extend your exhale several times.6. Notice what your body is feeling.7. Notice what you're seeing.8. Notice what you're hearing.9. Notice what you're smelling.10. Notice it all together. Relax and just be.11. Appreciate the natural spot and yourself for doing the process.</div> <div data-bbox="607 1877 680 1892" style="text-align: center;"><p style="margin: 0;">QuietHour.org</p></div>	<div data-bbox="862 1283 1091 1360" style="border: 1px solid black; width: 141px; height: 37px; margin: 0 auto 10px auto;"><h1 style="margin: 0;">2</h1></div> <div data-bbox="862 1367 1091 1392" style="text-align: center;"><h2 style="margin: 0;">A Way to Relax in Nature</h2></div> <div data-bbox="862 1404 1091 1509" style="text-align: center;"><p style="margin: 0;">Would you like a break from noise and stress and a new way to enjoy nature? The Quiet Hour process can help. It blends nine techniques or influences that research indicates have a calming or uplifting effect.</p></div> <div data-bbox="862 1524 1091 1558" style="text-align: center;"><p style="margin: 0;">You can do it on your own by following the steps on the other side of this card.</p></div> <div data-bbox="862 1572 1091 1623" style="text-align: center;"><p style="margin: 0;">To learn more about the process and listen along to 15-, 30-, or 60-minute audio recordings of it, please visit:</p></div> <div data-bbox="862 1629 1091 1686" style="border: 1px solid black; width: 141px; height: 27px; margin: 0 auto 10px auto;"><h1 style="margin: 0;">3</h1></div> <div data-bbox="862 1701 1091 1734" style="text-align: center;"><p style="margin: 0;">To join guided group sessions of the process, ask a staff member or visit:</p></div> <div data-bbox="862 1740 1091 1797" style="border: 1px solid black; width: 141px; height: 27px; margin: 0 auto 10px auto;"><h1 style="margin: 0;">4</h1></div> <div data-bbox="862 1824 1091 1881" style="border: 1px solid black; width: 141px; height: 27px; margin: 0 auto;"><h1 style="margin: 0;">5</h1></div>
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Feel Inner Peace Outside

Would you like to de-stress and relax in nature? Here's a peaceful process you can try.

1. Find a quiet, natural spot.
2. Pause using electronic devices and talking during the process.
3. Sit or lie down. Maybe rest your hands or bare feet on the ground.
4. Let everything else go. Rest here.
5. Notice your breathing. Maybe extend your exhale several times.
6. Notice what your body is feeling.
7. Notice what you're seeing.
8. Notice what you're hearing.
9. Notice what you're smelling.
10. Notice it all together. Relax and just be.
11. Appreciate the natural spot and yourself for doing the process.

A Way to Relax in Nature

Would you like a break from noise and stress and a new way to enjoy nature? The Quiet Hour process can help. It blends nine techniques or influences that research indicates have a calming or uplifting effect.

You can do it on your own by following the steps on the other side of this card.

To learn more about the process and listen along to 15-, 30-, or 60-minute audio recordings of it, please visit:

To join guided group sessions of the process, ask a staff member or visit: