

Choosing a Restorative Pause

Sleep stress and daily rhythms | Adults | 10 to 15 minutes

Match a brief pause to the kind of strain you are experiencing.

A useful break depends on what is wearing you down and what your setting allows. Choose one manageable pause during the day. You do not need to earn rest by finishing everything, and a brief break does not have to fix the whole situation.

Match the response to the need

If you are overstimulated, less sound or visual input may help. If you have been still for a long time, a comfortable change of position may fit. If you feel isolated, a brief connection may be useful. Choose according to your body, preferences, accessibility, and medical guidance.

Make the pause reachable

Decide where it could happen and what permission or coverage you need. A pause may be two minutes or a longer protected period. Afterward, notice whether you feel more able to continue, need another kind of support, or need to reduce the demand itself.

The strain or need I notice is

A pause that fits my body and setting is

When and where I can try it, and any support I need, are

Afterward I noticed; the next adjustment I need is