

Family rest & relaxation

Why?

Rest & relaxation is an absolute necessity in our 21st century way of living. Life is full, life occurs at pace. In terms of mental health, anxiety type conditions are on the increase in children and adults. The instances of burnout and breakdown are increasing. Having time therefore for rest, relaxation and restoration as an individual and as a family is an absolute must

How?

This can be quite a revealing activity!

So, depending on the age of your children, this activity begins with individual reflection. (younger children will need to be guided through this & you can adjust the questions accordingly)

When do you feel fully at rest?

What things/activities/rituals do you find utterly relaxing & restorative?

What things nourish your soul?

How much time is needed for these things for yourself daily, weekly monthly?

(It's important to keep in mind that this is a mindful connected state of relaxation)



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How?

Come together and share your reflections.

To begin with you will get a clear sense of everyone's self-care needs which is super useful to know and only enhances family wellbeing.

Then, what do your reflections have in common.

Could you create a family ritual for rest & relaxation?

How will you honour and value this in your home?



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