
WINTER
Permission to Rest
Healing by Bridget®

A Quiet Welcome to Winter

It can be hard to slow down when there's always something else to do. Even when you finally sit down, part of you might still be thinking about the laundry, the message you owe someone, or what tomorrow will ask of you.

For the next few minutes, let yourself be here. Maybe you pull a blanket over your lap, set your phone aside, or take a sip of something warm. Choose whatever feels easy where you are.

As you move through these pages, notice what would feel restful to you today. You can give yourself a little of it while there are still things left to do.

A Moment to Get Comfortable

Take a moment to see if you could be a little more comfortable where you are. You might lean back in your chair, tuck a blanket around your legs, or rest your hands in your lap.

Notice one detail about how that feels. It might be the warmth of the blanket, the pressure of the chair against your back, or the weight of your hands as they settle.

Stay here for a moment. If something else would feel more comforting, give yourself a little time to notice what it is.

What would feel comforting right now?

What Kind of Rest Do I Need?

Think about what has asked the most of you today. Maybe you've been on your feet for hours, answering questions, or making one decision after another.

What would feel like a break from that? You might want to lie down, turn off the background noise, or have a few minutes when no one needs an answer from you.

Picture a little of that rest in the day you actually have. It could be sitting in the car for a quiet minute before going inside or choosing something simple for dinner so you have one less decision to make.

What would feel restful to me today?

What Gets in the Way of Rest?

Think of a recent moment when you wanted to rest but kept going. Maybe you told yourself you'd sit down after one more task. Pause and notice what you were asking of yourself in that moment.

What do I tell myself when I want to stop for a while?

What would I say to someone I love who felt the same way?

Making Room for Rest

Think of one kind of rest that would feel good today. Choose a moment that fits the day you have. You might sit quietly after lunch, ask someone else to handle dinner, or leave one chore for tomorrow.

Think about what would make that pause easier to take. It might help to put your phone in another room or tell someone you need a few minutes to yourself.

One small way I can rest today is…

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What would make that pause easier is…

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A Letter to Myself This Winter

Dear me, on the days when I feel like I should be doing more, I want to remember…

A Gentle Closing

Thank you for taking a little time to listen to what you need. As you close these pages, think of one thing that would help you rest today. It might be a few quiet minutes, a task you can leave for tomorrow, or a moment to sit somewhere warm.

If you catch yourself thinking you should do one more thing first, you can come back to this reminder.

I can rest while there are still things left to do.

With warmth,
Bridget

You're welcome to return to Moon & Seasonal Rhythms whenever you'd like another moment to pause and reflect.