THE WORK OF COMING HOME

Rest Check-In

What kind of rest would feel supportive today?

Date: _____

Explore the six areas below. Circle how much attention each needs today, then choose one small step. There is no total score or right answer.

PHYSICAL

What is my body asking for?

Possibilities: a comfortable pause, sleep, or gentle movement.

Attention needed: little / some / a lot

MENTAL

What can I stop keeping track of for a moment?

Possibilities: write a reminder or focus on one task.

Attention needed: little / some / a lot

SENSORY

What feels like too much input right now?

Possibilities: quieter sound, fewer alerts, or softer light.

Attention needed: little / some / a lot

EMOTIONAL

What feeling needs room without being fixed?

Possibilities: private writing or a trusted listener.

Attention needed: little / some / a lot

SOCIAL

Would solitude or easy company feel better?

Possibilities: a little space or time with someone supportive.

Attention needed: little / some / a lot

SPIRITUAL / MEANING

What helps me feel connected to what matters?

Possibilities: reflection, nature, prayer, or community.

Attention needed: little / some / a lot

My next small step

The area I want to make room for: _____

One realistic action and when I will try it:

What could get in the way, and what support could help?

Afterward, notice: What helped? What would I change next time?

Reflection tool, not a clinical assessment. Adapt or skip any suggestion.

Inspired by the six rest areas in the supplied Wheel of Rest image (thepsychologistshop.com).

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