

Mindful Memo

Week 32– April 11th, 2022 - RCMA Wimauma Community Academy

R.E.S.T.

I read a quote recently that said "sleep doesn't help if your soul is tired." This quote is a deep one, yet it reminds us of what true rest entails. This week, embrace the below steps from mindful.org to cultivate true rest in your life. I also threw in some imagery anchors!

R: Relax your attention and release. The R is a reminder to "be as we are." To allow our attention to naturally rest, not focusing on anything in particular. Very rarely does our mind have time to truly rest. **Image:** A pebble gradually sinking to the bottomless body of water.

E: Exhale all striving and empty. The E is a reminder to let go of how we think things should be in our minds and our lives. Another way to say this is practice letting go of "unnecessary effort." **Image:** Riding down a hill and peddling fast. Then ceasing to peddle, and just enjoying the momentum down the hill.

S: Sense the silence and surrender. The S is not so much the silencing of the mind, as it is embracing peace and the present even in chaotic times. **Image:** Being in the eye of a storm. You can see everything around you, but remain calm and unaffected.

T: Tune into awareness and trust. The T reminds us to tune into our true awareness and trust that feeling. So often, we trust what our anxiety is falsely telling us and not our true awareness. **Image:** The ray of sun that always shines through during a Florida storm.

'Rest is not idle,
not wasteful.
Sometimes rest is
the most productive
thing you can do for
your body and soul.'

- Erica Layne

peace.

it does not mean to be in a place
where there is no noise, trouble
or hard work. it means to be in
the midst of those things and still
be calm in your heart.

(unknown)