



Rest & Relaxation

You Are Worth It!

Goal: Give yourself permission to rest and relax to restore your energy.

[Tip]: Set aside time to relax as a family by lying down, drawing quietly, doing a puzzle, or looking at books.

Why is this important? Taking time to rest and relax helps improve focus and lower stress levels.

References: Franzen, P. L., Siegle, G. J., & Buysse, D. J. (2008). Relationships between affect, vigilance, and sleepiness following sleep deprivation. *Journal of Sleep Research*, 17(1), 34-41, <https://doi-org.proxy.bib.uottawa.ca/10.1111/j.1365-2869.2008.00635.x>.