

## The Gifts of Rest

Most workaholics discount or ignore rest, thinking it wasteful and unproductive. Rest includes getting enough sleep at night, taking appropriate naps and breaks, scheduling silent time alone, or just sitting and being still as needed. Strolling along the beach or reading an engrossing mystery may be relaxing, but they are not necessarily restful. Likewise, lying awake worrying does not count. Rest is the most important “activity” we do. Here are some of the gifts we may receive if we choose to surrender and accept them:

### 1. Physical and mental renewal

No matter how pleasurable the activity, we enjoy it much more when rested. If we are tired, we have to draw on adrenaline for energy. Even if offered the best, we must say no as rest is the best reward.

### 2. Experiencing our inner being

Being alone with ourselves without the distraction of props or activities, we appreciate the pleasure of solitude and learn the art of self-enjoyment.

### 3. A slower pace

We regain a healthy breathing rhythm.

### 4. Making connections

We integrate the cause-and-effect relationships of our actions and those of others.

### 5. Quietness with which to hear guidance from a Higher Power

We are able to remind ourselves of our essential spiritual nature and to get out of the way of the universal plan for us. We notice when we have shifted from flow to effort, from a Higher Power’s will to self-will, and from surrender to attempts at control.

### 6. Gaining perspective with a temporary withdrawal

We unwind from being hyper-focused, seeing where we lost our vision and noting what we are doing that is unnecessary. We remind ourselves to be selective. We are silent to reflect on the deeper meaning of words and events.

### 7. Space in our day to savor each event

We fully digest impressions, freshen our perceptions, and enjoy life.

## **8. Catching ourselves before we lapse into ego and self-will**

We can keep our awareness of emotions and other body signals, including energy level. We are able to change our thoughts to healthier ones. We gain patience, flexibility, and humor. We are able to express creativity and wisdom.

## **9. Health**

When we are ill, we allow our body to repair itself.

## **10. Cooperating with cycles**

We respect the universal rhythm of ebb and flow, winter and summer. We treat time as a friend.

(Adapted from the *Workaholics Anonymous Book of Recovery*, 2nd ed., 2015, pp. 33-34)