



Run Hard. Rest Well.

Championing Rest. Equipping Leaders. Changing Lives.

Brenda@runhardrestwell.org | 260.239.1297 | RunHardRestWell.org

A Rest That Works

Bucket Theory: You can't _____ what you don't have.

Why are WE so tired?

1. No _____ or mentor
2. The belief that new _____ change us
3. We have a _____ view of rest.

Our Current View on Rest

Rest is _____

Rest is _____

Rest is _____

A New View of Rest

Rest is _____, set apart as special

Rest is _____

Rest is a _____ – tied to work

Rest is _____

Rest is a _____ commitment.

A NEW Definition of Rest

Rest is not a reward. You can't earn it. You don't deserve it. It will never be convenient.

Rest is a rhythm and responsibility for those committed to giving their best to others.

To rest well is to DO what _____

One Rule: _____ doing what consumes your time, energy & attention and do what refreshes.

The Impact of Overload

We are winded, worn, weary. Many are wounded. Some of us are _____ others or ourselves.

- **The Truth** Stress is not the enemy. The enemy is chronic _____ overload.
- It is not a crime to be tired, but it is to _____ that way.

The Price Tag of Cortisol Overload

- **Relationally** Unsatisfying relationships, guilt, loneliness. We are isolated, needy, disengaged, guarded
- **Physically** Sleep issues, immune dysfunction, hormone imbalance, BP issues, weight gain, early death
- **Spiritually** Diminishing joy, restless, discontent, feelings of inadequacy, dissolving sense of purpose
- **Emotionally** Irritability, anger, anxiety, depression, addictive behaviors

Masks. Good. Bad. Ugly. **Definition of Ugly:** _____ in ways that hurt and dishonor...

- Three things we can learn from AA.
 - ❖ It is _____ to not be okay.
 - ❖ It is inviting and freeing to live _____.
 - ❖ Transformation requires _____.

History Lesson

168 hours a week. 3 ways to invest: _____
Definition of Wasting time: Choosing to escape excessively.

The problem with **escape** is that we always come back _____ handed. Leads to addiction.

Stop and take inventory of your heart. Are you willing to EXCHANGE your current Escape Mechanisms for predictable, planned, and _____ Rhythms that Restore?

Restorative Wellness

Sabbath – Relationally **Reconnects** 16 hours
Sabbath is guilt-free time set apart to reconnect with the people and priorities we hold most dear. It is a carefree freedom to “laugh, play, and rest” unhindered and unhurried.

Sleep – Physically **Rejuvenates** 56 hours
 Prioritizing 7 to 9 hours of restorative **sleep** sets us up for HEALTH & VIBRANCY.

Stillness – Spiritually **Replenishes** 1 hour
 Planned and unplanned, **stillness** is a purposeful pause with a cause that cultivates joy, gratitude, and a sense of purpose. (10 min. a day)

Solitude – Emotionally **Recharges** 9 hours
Solitude is time off the beaten path, free of demands and distractions. It is an invitation to step away from the fray because minutes matter, hours make a difference, and a day away delivers. (Margin-90 min a day)

Restorative Wellness highlights the _____ & _____ of our rest. _____ / **168 hours**

6-Question Inventory

The truth will set you free, but first it might make you miserable. (James Garfield)

Place a check mark in front of every question that is 100% true. This is a snapshot of your life today.

- _____ In the last 4 weeks I've enjoyed 4 days off—days that were refreshing and care-free with minimal “work” around the house.
- _____ This last week I've had five nights of 7-8 hours of sleep.
- _____ I enjoy a purpose-driven “pause with a cause” on a daily basis.
- _____ I took a restorative “day away” or a weekend away in the last 6 months.
- _____ I enjoyed 4 evenings this last week with no out-of-the-home obligations.
- _____ I took all my vacation time last year.
- _____ **Total check marks**

Scores

Score: 0-3 You are running on the fumes of an empty tank whether you realize it or not. There's a better way. It's found in the rhythm—*Run Hard. Rest Well*. A paradigm shift must take place in your heart. Rest is not a sign of weakness. It is a gift, a grace, a rhythm of life. The vibrancy of your work, the well-being of your soul, and the health of your relationships with friends and family depend on it.

Score: 4 You are familiar with rejuvenating aspects of rest and renewal (well done!), but gaps remain. You know how to run hard and you are aware of what it means to rest well. Now take a look at your physical, emotional, spiritual, relational reserves. What are your strengths? Where can you improve? Expand your horizons. What needs attention? Explore how “resting well” brings new realms of vibrancy to an area where you are serving with a self-imposed limp.

Score: 5-6 Ah! The life-giving rhythms of rest are established in your life. You have adopted a transformative understanding of work, rest, and rhythm. The fruit of well-being is yours to enjoy—and pass along to others. Stay the course. Your life is a walking billboard. Be intentional about sharing the story of your journey into the rhythms of rest. You have a remarkable opportunity to light the way.

The How and the Hope

Footers

- Reduce cortisol overload
- Prioritize our priorities

Sabbath – A Strategic Stop to Create Connection

- Pick a day ... and a _____ frame to CONNECT
- Prioritize _____-giving connection - honoring yourself on the Introvert / Extrovert spectrum
 - Reconnect and invest in people
 - Reconnect with _____. Stop living on autopilot. Feed your soul.
 - Ask yourself good questions.
 - Step outside. Read a good book. Cultivate Quiet. Turn off your phone.
 - Reconnect with bucket-filling _____.

Home Work – Heart Work

What do I need to DO and NOT DO to make a Sabbath Rest mine, both before the day begins and as the day unfolds? (This is a heavy-duty question.) Example: DO: Take a nap, laugh out-loud, drink hot chocolate, shoot some hoops ... DON'T: go on FB, watch TV all day, peek at email, rush, worry, whine, etc. ...

Things to DO

Things to NOT DO

Sleep

Do you want to be nicer, smarter, thinner and happier?

- 40-60% of Americans have difficulty with sleep some or all the time. It's a National Health Crisis.
- **Dangerous Cycle:** Chronic Stress produces "cortisol overload." This sabotages serotonin production. Our bodies need "excess" serotonin at the end of the day to produce melatonin. A lack of melatonin makes sleep difficult. To break the cycle of NO serotonin, some doctors prescribe the Rx = Trazadone.
- Every night we don't get a minimum of _____ hours of restorative sleep, our bodies automatically produce _____% more cortisol the next day.

Quick Tips

- Give yourself a **bedtime!** (7-9 hours). Cut your caffeine in half or drink all you want before noon.
- Give your brain a break from "**blue waves**" 1-2 hours before bed. Screens/Light disrupt Melatonin production. Consider "light-reducing features" like **i.flux**, buy **orange-tinted sunglasses**
- Get children, pets, and cell phones **OUT** of your bedroom! **Breathe!**
- **Wide Awake** in the middle of the night? **Protein** before bed, bedside, try to get **25 g at breakfast**
- **Melatonin:** Can help some, but may grow tolerant. Pause and restart. Beware of **Benadryl** use.
- **Sleep Survival Guide** on the "resource page" of the website
- **Top Two**

Solitude: Minutes Matter

- Strategic **Snacking** . . . Protein, apples, WATER, **Dark Chocolate** (72%)
- **Get outside** ... 5-minutes every day
 - ❖ Search: Irresistible Invitation – Get Outside (Forest Therapy – Take 2 Pine Trees and call ...)
- **Anti-gravity moves** – Brain Breaks
- 10 - 20 minute **Power Naps**
- 5 - 10 minute **Power Walks**
- **Breathe** through your _____. Both in and out.
- **Eat Lunch!** This might be the MOST important meal of the day
- **Hug** – 7 seconds. 20 seconds. People, pets or trees!
- **Laugh. Smile** ... "Grin and bear it."

Bring it Home – Make it Mine

- What you know does not change you, but what you do, does. **Brenda Jank**
- What bucket-filling strategies are you going to introduce into your life?

Run Hard Break a sweat every day.

Rest Well Rest in a way that fills your bucket, feeds your soul, and fuels your GO.

www.RunHardRestWell.org