

To clear your
mind, re-set your
focus & go
forward
intentionally

You were not designed
to be productive & busy
all the time

Busyness is not
necessarily a sign
of efficiency

Your worth is not
determined by
your
productivity

A cup of tea
would be
delightful right
now

Reasons to
Take a Break

You are a
human
being...
Not a human
doing

You
deserve
to rest &
relax.

@journey_to_wellness_

To turn off
auto-pilot & be
present

You don't have
to earn it. You
don't even need
a reason!

It will help calm
your nervous
system

