



# WELCOME

## A FEW REMINDERS

- 1) Please take care of yourself! Take a moment to get comfortable and you have your water, tea, and self care tools.
- 2) This is an experiential workshop – what you put in is what you get out. I invite you to have cameras on.
- 3) Honoring Indigenous wisdom, all of us are teachers. I will invite you to be sharing your wisdom . And I invite us to remember that experience is a powerful teacher that can reach beyond intellect.
- 4) Please interact in the chat and ask questions and share your knowledge!

# ABOUT SHIRLEY



I am a licensed psychotherapist (LMFT) working with couples and adults

I specialize in working with codependence recovery, intimacy and sex, and vulnerability and communication, especially in Black women.

I bring over 13 years of teaching yoga to my practice and have studied Hatha, Kundalini, Prenatal + Vinyasa Yoga. I have studied with a variety of healers from different lineages of healing modalities. I am trained as a herbalist, naturopath and reiki healer.

I love spending time at the ocean, hiking, learning about herbalism, meditating, cooking, making medicine, watching TV, reading, and creating an abundant measure-centered life.

IG: @SOULISTICWELLNESS | WWW.SOULISTICWELLNESS.COM

# INTENTIONS

---

## MY INTENTION FOR TODAY IS TO:

- 1) Co-create a space for exploring rest and our relationship to rest
- 2) Celebrate the ways we are using rest to support our presence and professional rolls
- 3) Create an experiential practice of slowing down through gentle movement and visualization



# LET'S TALK ABOUT REST

walking  
**together**

“**Rest is not a privilege. It is not a luxury. Rest is a human right. It is a divine right.**”



Tricia Hersey

Image: The Nap Ministry



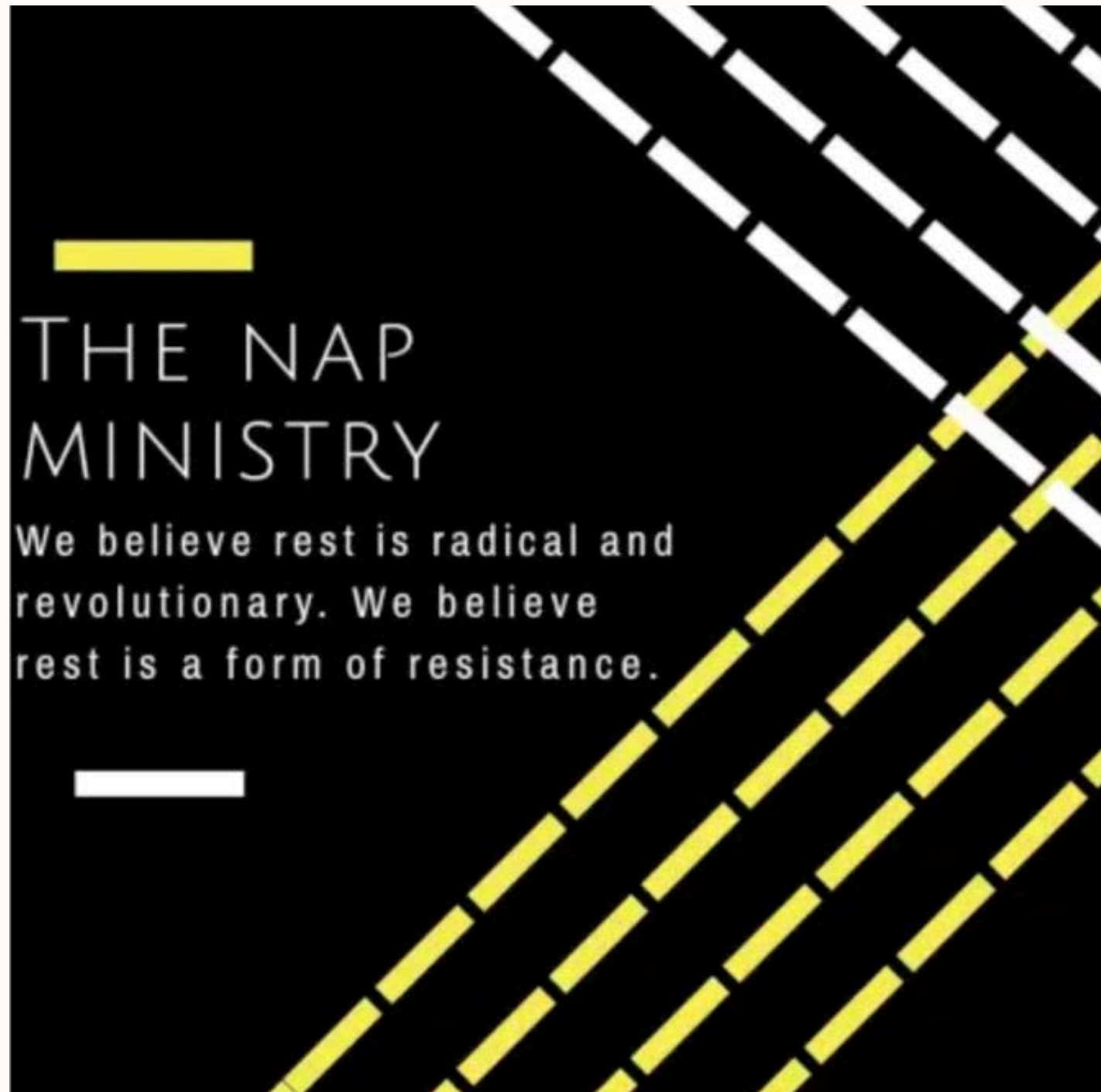


Image: The Nap Ministry

# RADICAL REST

Radical: Favoring fundamental change, or change at the root cause of a matter.

Rest: cease work or movement in order to relax, refresh oneself, or recover strength



## WRITING PROMPT:

What have I learned about rest ? Who did I see rest while I was growing up? Who was allowed to rest? What did I learn from parents? Family? Friends? Community?

How is it/or not serving you?

# REST IS NOT LIMITED TO SLEEP.

REST IS A LIFESTYLE. REST IS A PRACTICE OF EMBODIMENT. REST IS DEEP  
LISTENING TO OUR MOST INNER MOST SELF.

REST IS A PRACTICE OF OBEDIENCE TO WHAT WE HEAR FROM OUR  
EMBODIMENT & INNER SELF.

REST RESTORES AND REJUVENATES.

REST IS HOW WE CHARGE OUR INNER BATTERY TO POWER THROUGH LIVING  
OUR PURPOSE.

# REST IS NOT LIMITED TO SLEEP.



Video Source: The real reason why we are tired and what to do about it | Sandra Dalton-Smith | TEDxAtlanta

# 7 TYPES OF REST YOU NEED



Graphic from Hum Nutrition

IG: @SOULISTICWELLNESS | WWW.SOULISTICWELLNESS.COM

- 1) **Mental Rest:** Giving the mind a break. Can be achieved by taking breaks throughout the day and writing to release all that is on our mind.
- 2) **Sensory Rest :** A break from screens, tv, phones and external stimulation. Restore by closing eyes, and unplugging intentionally from electronics everyday.
- 3) **Creative Rest:** Reawakens the inner child sense of awe within. Restore with time within the arts and being around art and space that stimulate inspiration.
- 4) **Emotional Rest:** When people need a break from being there for others all the time. Emotional rest may require authenticity and shares the "hard" things that are often hard to say.
- 5) **Social Rest:** Often happens when we spend more time in social settings that exhaust us rather than rejuvenate us. To experience social rest, identify and invest in relationships that actually feel supportive and we can be ourselves.
- 6) **Spiritual Rest:** The desire to have a deep sense of purpose and connected to something bigger. To replenish, we may call on prayer, dance, community, and more.
- 7) **Physical Rest:** Sleep

SOULISTIC • WELLNESS

WHAT PART ABOUT RADICAL REST  
SEEMS IMPORTANT TO YOU TO BE  
AWARE OF? HOW DOES THE CONCEPT  
OF RADICAL REST SEEM TO BE  
APPLICABLE TO YOUR PROFESSIONAL  
ROLE?



# REST IS IMPERATIVE TO FULFILLING OUR PURPOSE

Rest helps us to connect to our stillness and hear our inner voice. When we can hear our inner voice, we can get clear on our purpose and build faith and confidence in fulfilling our life's purpose.



# RECHARGING OUR BATTERY GIVES US THE RESILIENCE TO LIVE OUR MEDICINE

Resting can support us to put us back in our bodies. When we rest, we can touch a deeper embodiment. Embodiment is presence, and in presence, we can more deeply feel our purpose that lives within the bones. In presence, we can remember ourselves.



# REST FILLS US UP AND GIVES US OVERFLOW

The overflow is the the place where we are abundant and bountiful in all ways. This is where our cup is filled up and our tank is full. From this place, we can discern, take inspired action, and feel a sense of support as we serve in our calling.

DISCUSSION:



CAN YOU TRULY SERVE  
FROM A SPACE OF  
EMPTINESS/DEPLETION/BURN  
OUT?



# A REST PRACTICE



## SLOWING DOWN

The practice of slowing down to feel into our hearts will support us in connecting to what our unique purpose and medicine is. When we know it is our medicine, we are being tasked to take excellent care of this medicine and support its growth.

Being in service to others is when we are living in our purpose.

By being in our purpose, we are in service.

# YOU ARE DOING ENOUGH YOU ARE ENOUGH

Most of the time what is keeping us from cultivating our own overflow is a deeply lodged belief (often subconscious) that we are not enough or are not doing enough.

Our work is to relax. To be in integrity. To honor that we do not know, and that is okay. To seek help and refer out. To keep filling up our own cup. That is enough



SOULISTIC • WELLNESS

IG: @SOULISTICWELLNESS | WWW.SOULISTICWELLNESS.COM

