

# The Happy Feminist Challenge Workbook



KARA LOEWENTHEIL, J.D. | MASTER FEMINIST COACH

## Day 3

### REST

Today we learned that rest is not a moral issue. (Are you noticing a pattern?)

Rest is literally essential to your survival. It is a natural process during which your brain and body perform necessary cellular repairs, consolidate memory, and regulate your hormones.

But many women have a hard time resting because patriarchy has taught us that our value and worth come from serving everyone around us and capitalism has taught us that the most important thing in the world is to be productive. Combine those two lessons and it's no wonder women have a hard time resting.

Plus sometimes when you try to slow down, your brain just speeds up and it feels easier to distract yourself or go back to your task list rather than deal with your thoughts.

So today we are going to practice RESTING.

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This could look like actual sleep — taking a nap, or making sure you go to bed early even if there are dishes in the sink or more emails you could answer.

Or it might look like doing something you find restful instead of working or doing life tasks — like reading a book or magazine, chatting with a friend on the stoop, meditating (only if you actually enjoy this and it's not a "should" to you), or just lying on the couch staring at the ceiling for a while.

It could even be watching a tv show or movie, but this only counts if you're actually watching and engaged — scrolling your phone while you have tv playing in the background does not count. The point is to do something that allows your brain and body to slow down.

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If this is challenging for you, here are some thoughts you can practice:

"I have permission to rest," or

"It's safe to rest," or

"I can be a good person even if I rest," or

"Really productive people prioritize rest," or

"Rest is a biological necessity. It does not have to be earned or deserved."

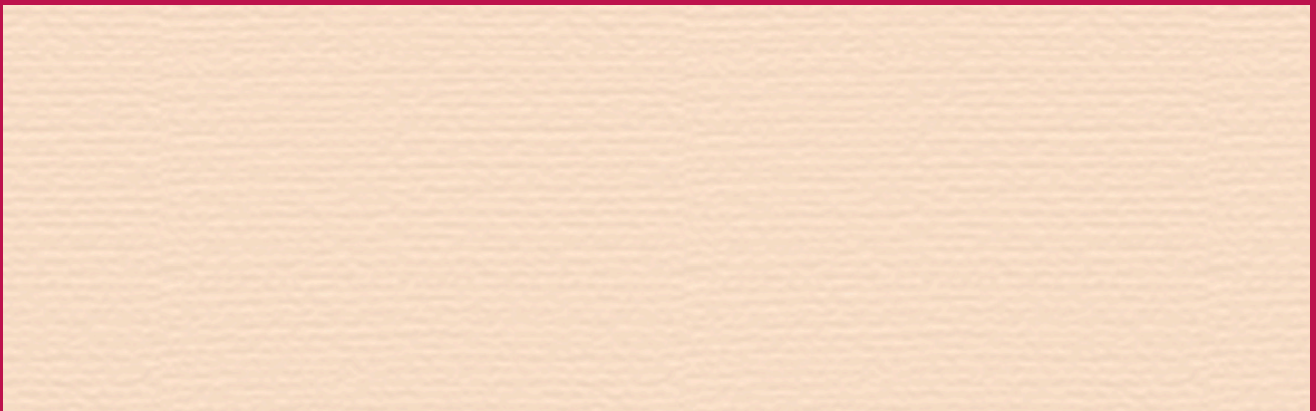
You can also go back to that technique of imagining an animal resting — when a cat or a dog takes a nap, they do it just because they are tired and it's the most natural thing in the world to rest. Underneath all that socialization, you are no different.



**What is the restful activity you've chosen?**



**What thought are you going to practice?**



What did it feel like in your body to rest? (Remember any feeling is ok! It could feel wonderful, or it could feel uncomfortable, or you might feel anxious — it's all just data for your growth!).



What thoughts did you notice come up?

