5 Things to Remember When You Feel Guilty About Resting

A few reminders for the moments when resting brings more guilt than relief.

1. Your worth is not measured by your output.

An unfinished list does not make you less caring, capable, or valuable.

2. Rest does not need to be earned.

You do not have to reach a breaking point before giving yourself a pause.

3. A different pace is still your pace.

Someone else's day is not a fair measuring stick for yours.

4. You can care and still say "not today."

A boundary can exist alongside love, responsibility, and disappointment.

5. You do not have to win an argument with guilt.

You can notice the feeling and choose rest anyway. One kind sentence to yourself is enough.

You're doing way better than you think you are.

Let's rewrite pain together.

For personal reflection and encouragement. Not medical advice.