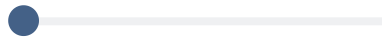


DEEP REST OPTIONS

No phones. No computers. Possibly no people.
Sink into the gift of a day away from all responsibilities and routines. Recognize the restorative energy in these suggestions.
These things are not selfish. These options can be life-sustaining and worth the investment.



OPTION ONE



Drive.

Set up the back seat of your car, van or SUV with blankets, food and water. Pack a book and/or some activity you've been waiting to do.

Listening to your favorite playlist, drive to a location within a hour of your home that renews your soul.

Spend 4-8 hours in this location without looking at your phone.

Sleep, cry, pray, stare at the clouds passing by. Breathe deeply. Eat your food slowly. Savor every bite.

Give thanks.

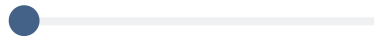
Return home when restored.

Parents:

Take turns taking a day like this.



OPTION TWO



Head north.

Two hours of driving in Minnesota will get you to some stunning locations.

Bring a day pack with plenty of food and water. Maybe bring family. Maybe not.

Hike slowly through the woods, stopping to literally smell the flowers, gaze at a lake, notice a spider's web.

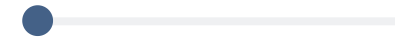
Contemplate the cyclical nature of the seasons and wonder what the seasons can teach us during this time.

Give thanks.

Return home when restored.



OPTION THREE



Create.

Set aside a day to create. Organize your supplies the night before.

Sleep in.

Eat good food. Slowly. Enjoy it.

Spend the day holed up in a room away from your family/roommates.

Allow yourself to get into the 'flow'.

Enjoy the process of bringing something new into the world.

Recognize how this restores and renews your soul. Drink in the gift.

Give thanks.

'Return' when restored.