HEAD STRONG

"Almost everything will work again if you unplug it for a few minutes, including you."

-Anne Lamott

Remember: time to rest over the summer holidays

HEAD STRONG

Resting is not a waste of time. It's an investment in well-being. Relaxing is not a sign of laziness. It's a source of energy.

-Adam Grant

Remember: time to rest over the summer holidays

HEAD STRONG

"If you're feeling a little burned out, taking a break can help recharge your wiggly bits. You don't necessarily need to head off on holiday. You can simply take your foot off the accelerator and cruise for a while"

-Kate Toon

Remember: Time to rest over the summer holidays

HEAD STRONG

"Wake up and notice what is new, old, breathtakingly mundane. Notice the way the light flickers through specks of dust. Notice the skylights, the coffee grounds on the countertop, the shoes by the door- signs that the world is alive. May you inhale with wonder, marvelling at the miracle of being"

-Liturgies of Hope

Remember: Time to rest over the summer holidays

HEAD STRONG

Remember: Time to rest over the summer holidays

"Life is all about balance. You don't always need to be getting stuff done. Sometimes it's perfectly okay, and absolutely necessary, to shut down, kick back, and do nothing"

-Lori Deschene