



Run Hard. Rest Well.

Championing Rest. Equipping Leaders. Changing Lives.

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# Rest That Works – The How and the Hope

## Footers

- Reduce cortisol overload
- Prioritize our priorities

## Sabbath – A Strategic Stop to Create Connection

- Pick a day ... and a \_\_\_\_\_ frame to CONNECT
- Prioritize \_\_\_\_\_-giving connection - honoring yourself on the Introvert / Extrovert spectrum
  - Reconnect and invest in people
  - Reconnect with bucket-filling \_\_\_\_\_.
  - Reconnect with \_\_\_\_\_. Stop living on autopilot. Feed your soul.
    - Ask yourself good questions.
    - Step outside. Read a good book. Turn off your phone. Journal. Write a love letter.
    - Cultivate Quiet.

## Cultivate Quiet

You are invited to be still. To hit pause. Catch your breath. Quiet your heart and quiet our mind. In these next few minutes, you are completely free. You have nowhere to go. Nothing to do. No expectations. No demands. No phones or distractions. You are free.

As these few quiet minutes unfold, be present, attentive, and awake. Allow some *peace and quiet* to invade your soul.

For some, this quiet is inviting. For others, not so much. Sometimes quiet is a frightening proposition. We are not accustomed to stillness. It may feel uncomfortable, unsettling. We are wired for action, positioned to produce and perform. To pause is a new thing.

Yet, there is a sacredness to the moment in time we call *now*. The past is behind us. The future is before us, but this moment, this is ours to know, enjoy, and explore.

Allow your mind to meander, not on worries, but on what is good, what is right, what brings joy. Head outside, if you are able and time allows. Feel the wind or the sun on your face. Listen. Look. Watch the clouds. Listen to the birds. Breathe.

No matter how many minutes we have been alive. No matter how many minutes we have yet to live, these particular moments, quiet and free, are a gift, a taste of the “art and heart” of peace and quiet – something our souls try all too often to live without.

Henri Nouwen reminds us ...

“First, silence makes us pilgrims.

Secondly, silence guards the fire within.

Thirdly, silence teaches us to listen.”

## Home Work – Heart Work

What do I need to DO and NOT DO to make a strategic, Sabbath Rest mine, both before the day begins and as the day unfolds? (This is a heavy-duty question.) Example: DO: Take a nap, laugh out-loud, drink hot chocolate, shoot some hoops ... **DON'T:** go on FB, watch TV all day, peek at email, rush, worry, whine, etc. ...

### Things I need to DO

### Things I need to NOT DO

## Sleep

Do you want to be nicer, smarter, thinner and happier?

- 40-60% of Americans have difficulty with sleep some or all the time. It's a National Health Crisis.
- **Dangerous Cycle:** Chronic Stress produces "cortisol overload." This sabotages serotonin production. Our bodies need "excess" serotonin at the end of the day to produce melatonin. A lack of melatonin makes sleep difficult. To break the cycle of NO serotonin, some doctors prescribe the Rx = Trazadone.
- Every night we don't get a minimum of \_\_\_\_\_ hours of restorative sleep, our bodies automatically produce up to \_\_\_\_\_% more cortisol the next day.

## Quick Tips

- Give yourself a **bedtime!** (7-9 hours). Cut your caffeine in half or drink all you want before noon.
- **Breathe!**
- Get children, pets, and cell phones **OUT** of your bedroom!
- **Wide Awake** in the middle of the night? **Protein** before bed, bedside, try to get **25 g at breakfast**
- **Sleep Survival Guide** on the "resource page" of the website. Read. Email Brenda. Free 1-time coaching
- Review. Circle your **Top Two**

## Solitude: Minutes Matter

- **Anti-gravity moves** – Brain Breaks
- Strategic **Snacking** . . . Protein, apples, WATER, **Dark Chocolate** (72%)
- **Get outside** ... 5-minutes every day
  - ❖ Search: Irresistible Invitation – Get Outside (Forest Therapy – Take 2 Pine Trees and call ...)
- 10 - 20 minute **Power Naps**
- 5 - 10 minute **Power Walks**
- **Breathe! Google!** Breathe Deeply to Activate Vagus Nerve/Stanley Guan
- **Eat Lunch!** This might be the MOST important meal of the day
- **Hug** – 7 seconds. 20 seconds. People, pets, or trees!
- **Laugh. Smile.** “Grin and bear it.”
- **Car Sit**
- Review. Circle your **Top Three**

## Resiliency: How to Thrive in the Whirlwind

What you know does not change you, but what you do, does. *Brenda Jank*

### Next Steps

### Q & A – Favorite Take Home

### What are your Next Steps?

- Personally
- Organizationally
- Professionally

Wrap Up / Evaluation

*Run Hard.* Break a sweat everyday!  
*Rest Well.* Rest in a way fills your bucket, feeds your soul, and fuels your best go.

# Next Steps – For You

*The best time to plant a tree was 20 years ago. The second best time is now. – Chinese Proverb*  
You can't change the beginning, but you can start where you are and change the ending. **C. S. Lewis**

## Explore the Website

- [RunHardRestWell.org](http://RunHardRestWell.org)
- **Sleep Survival Guide** (Free PDF on the “Resource” page)
- Search Engine: Vacations, kids, caregiving, sleep, technology, Sabbath, etc.
- Keep Restorative Wellness on the front burner. Sign up for the once-a-week **blog/FB/Linked**

## (Ministry Resources)

### **Note: Workplace Options Coming in 2021**

- **Video A Rest That Works - 12-part video series** (each clip 4-6 minutes with Study Guide)
  - For personal use, small groups, staff meetings
- **Book Vantage Point: A New View of Rest, Rhythm, and the Work of God** by Brenda Jank  
Great for personal use, as well as book clubs and small group use.
  - On Amazon Prime, bulk rate on the website
  - Spanish version (Amazon) **El mirador: una vista nueva del descanso, ritmo y la obra de Dios**

# Be a Catalyst – For Others

## Seminars and Retreats

- **Retreats/seminars/workshops** for staff or groups (in-person and virtual)
- Ask about **Catch Your Breath, Lead the Change, and A Rest That Works 2.0 and 3.0**
- **Organization-Wide Initiative.** This includes staff event(s), coaching, 12-months of support/resources

## Brand New-! Run the Race for Students, Teachers, Families

- **Run the Race – 6-session, video-based, easy to implement Social Emotional Learning Program**
  - For 6-12 grade students in schools, youth programs, churches, and universities
- **Impact 360**
  - **Equips** students – to bounce back stronger than before.
  - **Empowers** teachers and youth leaders – to be the change. Lead the change.
  - **Encourages** parents, guardians, and grandparents – to cultivate life-changing conversations.

## Next Level

- **HR Training** – Helping Make Wellness Work in organizations of all sizes coast to coast

**[www.RunHardRestWell.org](http://www.RunHardRestWell.org)**

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