



I REST &  
DO NOTHING.

## WEEK #4

**"Resting is a revolutionary act."**

Well done! You spent 3 weeks observing, zooming out, and reflecting on yourself! This week **treat yourself with a slot of 'nothing'** to rest and recharge.

'Niksen' is a Dutch verb that means "doing nothing". In our daily lives, this is rare. We are always "so busy". It is affecting our mental health, well-being, and productivity. Always achieving. Running of our to-do list.s

Technology seduces us into being busy too: our phones enable us to search, read, view, do something anytime. It makes it harder to truly unplug.

Although actions are important to achieve goals, we are human beings. Sometimes it's just good to just be. Not only to recharge our batteries but also to solve complex problems.

Mann's (2014) research shows it "literally makes us more creative, better at problem-solving, better at coming up with creative ideas."

Just going for a walk, taking a nap, staring out the window, taking a long bath. **Accepting the boredom.** Many brilliant scientists used this strategy when they were stuck, like Einstein for example.

"It takes you out of your mind, and then you see things clearly after a while," stated Professor Kets de Vries of INSEAD Paris.

It can be challenging in a culture that prizes being busy & getting things done, to build daily habits to do nothing. Even if it's just for an hour. And if it's doing absolutely nothing, and just rest and be, be sure to give it your all, as John Lennon said beautifully **"Time you enjoy wasting is not wasted time"**.

# WEEK #4

Phrase: 'Now I rest and do nothing'

*Write this phrase in your journal.*

## PRACTICE:

Schedule a block of 2 or 3 hours where you don't do anything, and where you can spend time undisturbed.

Find a nice spot for you to rest. We suggest going into nature, lying down on the grass or a hammock for example.

Let your mind wander.

If you notice it goes into overthinking, write down your thoughts into your journal.

Listen to the sounds.

Observe where you are.

Take a couple of **deep breathes**.

Breathe consciously.

Maybe take a nap.

**Optionally** use this mantra:

Breathe in: "invite a sense of calm".

Breathe out: "smile with gratitude"

And remind yourself:

**"It's okay if some days all you do is breathe."**