

Rest

Description

rest and presence have many faces

Bullshit phrases like *“rest is productive”* or *“everything you want is on the outside of your comfort zone”* are the bane the creative entrepreneur’s existence. Rest is part of what we do as humans, and capitalist culture has made us guilty for taking time off. Here, you’ll find practices, tools, reads to learn about the many ways to rest and how to integrate it into your life. What does rest look like for you?

Sign up for the Restorative Bubble

Rest is an activity school doesn’t teach us about. Join the Restorative Bubble Newsletter for a monthly opportunity to explore your personal definition of rest.

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