



# Micro-Rest Menu: 15 Quick Practices for Busy Leaders

*Restore your energy in 2–5 minutes, even on the busiest days.*



*A flourishing leader knows that rest isn't a luxury—it's a resource.*

# Quick Start Guide

## How to Use the Micro-Rest Menu

### (3 Steps in 7 Minutes)

Leaders often push through back-to-back meetings without a pause. The result? Foggy thinking, short tempers, and depleted energy. Micro-rests break the cycle. Even two minutes of intentional pause can restore your clarity and presence—no vacation required.

1. **Pick one practice** that feels possible right now.
2. **Do it for 2–5 minutes**—no equipment or prep needed.
3. **Notice the reset** in your energy and focus.

**Pro Tip:** Keep this menu on your desk, pin it to your wall, or set it as your phone wallpaper.

# The Micro-Rest Menu

## Movement & Body



**Shoulder roll series - 3**  
forward, 3 back



**Stand + stretch up** - Reach for the ceiling, then fold forward.



**Micro-walk** — around your office or to refill your water.



**Shake it out** — arms, legs, shoulders for 30 seconds.

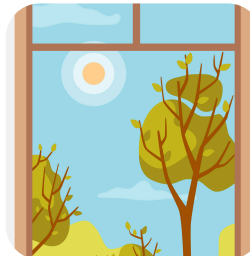
## Mind & Reset



**Box breathing** — inhale 4, hold 4, exhale 4, hold 4.



**One-song reset** — listen to a favorite calming or energizing track.



**Visual break** — gaze out a window at something far away.



**Gratitude jot** — write down 1 thing you're grateful for right now.

## Connection & Care



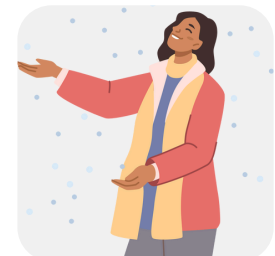
**Text a thank-you** — send a quick message to someone you appreciate.



**Laugh break** — watch a funny 2-min. video or recall a favorite memory.



**Hand massage** — rub lotion into your hands slowly.



**Step outside** — breathe in fresh air, feel the ground beneath you.

# Reflection & Growth

Which micro-rest practice gave me the biggest reset?

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Which 1-2 practices could I make a daily ritual?

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When in my schedule will I try one tomorrow?

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Who could I invite to join me in practicing micro-rest?

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# Next Steps - From Pause to Rhythm

Great work—you just discovered how rest can happen in the margins. Rest really doesn't have to wait until vacation. Micro-rest builds resilience, clarity, and care into the rhythm of your leadership.

One micro-rest clears your head in the moment. But pausing once is not enough.

Real change happens when rest becomes a rhythm woven into your day—and your leadership culture.

We designed **Seasons of Flourishing** to help you make it happen. It's a guided journey in which you'll:

- Create daily rhythms of rest and renewal
- Build habits that restore energy before burnout hits
- Model sustainable wellbeing for your team

Ready to move from scattered pauses to intentional rhythms?

Learn more about our **Seasons of Flourishing** wellbeing program on the next page.







# SEASONS OF FLOURISHING

## A Wellbeing Program for Leaders

*Like tending a garden, wellbeing requires intention, care, and rhythm.*

*These workshops invite you to nourish yourself emotionally, mentally, and physically.*



### **7 90-min. Live Teaching Sessions**

*Interactive sessions grounded in positive psychology*



### **Private Online Community**

*A confidential space to connect, share, and be supported throughout the journey*



### **6 1-hr Group Coaching Sessions**

*A space for integration, insight, and peer reflection*



### **Monthly Office Hours**

*Drop in for encouragement or deeper conversation*



### **Personalized Wellbeing Blueprint**

*A guided tool you'll create to map unique rhythms and habits for renewal*



### **1:1 Coaching Session (within 90 days post-program)**

*A follow-up opportunity to anchor and sustain your growth*



### **Downloadable Workbook + Tools**

*Reflection prompts, micro-practices, templates, guides*



### **Quarterly Alumni Circles**

*Live community gatherings to reconnect, reflect, and stay rooted beyond the program*



### **Certificate of Completion**

*For personal recognition and accomplishment*

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