



Micro-Rest Menu: 12 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.

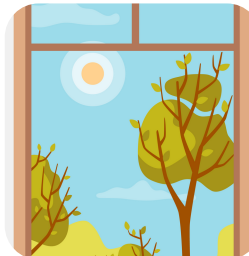
Mind & Reset



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



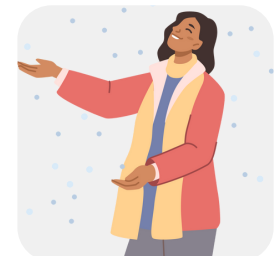
Text a thank-you — send a quick message to someone you appreciate.



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?

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

When in my schedule will I try one tomorrow?

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

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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