

# REST & RECHARGE GUIDE

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## THE 4 TYPES OF REST YOU NEED

### Physical Rest

- **Passive:** Sleep, naps, lying down.
- **Active:** Yoga, stretching, massage.

**Tip:** Schedule micro-naps (10-20 min) to reset your nervous system mid-afternoon.

### Mental Rest

- Mind breaks from deep work.

**Tip:** Use the 90/20 rule 90 minutes of focus, 20-minute pause.

### Sensory Rest

- Screens, notifications, noise.

**Tip:** Try a “Low-Stimulation Hour” each night, no screens, dim lights, no multitasking.

### Emotional Rest

- Time where you don't have to perform or please.

**Tip:** Practice saying “No” to low-priority emotional labor.



# THE DAILY RESET RITUAL

Use this simple recharge sequence to reset your energy each day:

## Morning:

- 10 minutes of natural sunlight
- Movement (walk, stretch, or cold shower)
- Set 1 intention for how you want to feel

## Midday:

- 20-minute nap or breathwork
- Walk without your phone
- Eat lunch mindfully (no screens)

## Evening:

- Light a candle or play calming music
- Journal: "What drained me today? What energized me?"
- In bed by the same time each night (circadian rhythm loves rhythm)

## QUICK RECHARGE STRATEGIES (WHEN YOU'RE SHORT ON TIME)

TIME AVAILABLE	STRATEGY
2 Minutes	Box breathing (In-4, Hold-4, Out-4, Hold-4)
5 Minutes	Step outside, no phone, and stare at the horizon
10 Minutes	Guided body scan meditation
20 Minutes	Power nap or silent walk
30+ Minutes	No-screen hobby (drawing, gardening, slow reading)

## NEUROSCIENCE HACKS FOR DEEPER REST

- **GABA Activation:** Slow exhalation breathwork increases GABA, calming your brain. Try the “4-7-8” breath before bed.
- **Ultradian Rhythm:** Your brain cycles through energy waves every 90 minutes. Respect this by resting when your focus naturally dips.
- **Default Mode Network:** When your brain “wanders,” it activates this network essential for creativity, memory, and self-awareness. That’s why doing “nothing” actually does something.

## RECHARGE CHECKLIST

Use this checklist weekly to track your recharge habits:

- ☐ Slept 7-8 hours a night
- ☐ Took 1 nap or deep rest break
- ☐ Had a no-screen meal
- ☐ Spent time alone to reset
- ☐ Had one day with no productivity pressure
- ☐ Did something that made me laugh or feel wonder
- ☐ Spent time in nature

Rest isn't a reward for hard work. It's a requirement for great work. The better you rest, the better you think, feel, create, and lead.

*Let me know how it goes!*

