



What If Rest Is the Next Right Thing?

There are days when we keep searching for the next step.

The task.

The decision.

The thing we should be doing to move everything forward.

We assume progress must look like motion.

But perhaps your body has been offering a different direction.

Slower.

Quieter.

A pause long enough to notice how tired you have become.

Rest can feel irresponsible when you have been praised for continuing.

It can feel like falling behind.

But not every pause is avoidance.

Sometimes rest is the place where your life becomes audible again.



You may not need to solve the whole week.

You may need an hour without being useful.

A meal eaten slowly.

A closed door.

An earlier night.

Rest does not promise that every problem will disappear.

It gives you somewhere steadier to meet them from.

So perhaps today, instead of asking,

“What should I do next?”

ask:

“What would help me return to myself?”

The answer may not be productive.

It may still be wise.



Something to Sit With

Where might rest be the next honest step rather than something I have to earn?

