

# 100 Days

## Rest Exercise

***Try free writing these: don't think too hard, just write the first thing that comes to mind***

*Where do you feel most safe and relaxed?*

*What are your safe spaces both at home and when you're out and about?*

*What are the activities that help you relax?*

*Where can you build these into your day?*

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## Rest Exercise

***Now take some time to look at your answers. Think about anything you'd like to change and what your first steps could be***

*What steps can you take to increase your number of safe spaces?*

*What activities would you like to add to your rest routine?*

*What are the steps to bringing these into your day?*

*What are the barriers to this (if any) and how might you resolve them?*