



REST.



RESTORE.



THRIVE.

GROUNDING
BREATHWORK

REST TYPES

SLEEP TRAINING

ENERGY
MANAGEMENT

WORK-LIFE
BALANCE &
BOUNDARIES

HEALTHY HABITS

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TAKE A GROUNDING BREATH



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A simple but powerful tool designed to help regulate the nervous system. Its main purpose is to shift the body out of stress mode and into a calmer, more restorative state.



TYPES OF REST

SLEEP IS ONLY ONE FORM OF REST

- Physical (sleep, stretching)
- Mental (breaks from thinking)
- Emotional (space to feel/process)
- Social (time alone vs. with others)
- Sensory (reducing noise/screens)
- Creative (inspiration, nature)
- Spiritual (meaning, connection, purpose)

WHAT YOU CAN DO TO GET THAT REST

- Physical (legs up the wall before bed)
- Mental (go for a walk without your phone)
- Emotional (write freely in a journal)
- Social (block out an hour of alone time)
- Sensory (sit in a quiet, dimly lit room)
- Creative (visit a new environment)
- Spiritual (meditation, prayer, reflection)





SLEEP TRAINING

WHAT DOES YOUR WIND DOWN ROUTINE INCLUDE?

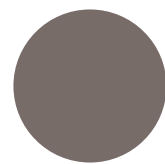
- Consistent sleep/wake time
- Dim lights and no screens
- Choose a calming activity like reading
- Avoid caffeine after 2pm
- Create a cool, dark and quiet environment
- Write down worries/tasks

MANAGE ENERGY

Manage energy, not just time. Work in focused blocks (60–90 min), and take real breaks (5–15 mins). Signs of energy depletion include brain fog, irritability, and procrastination. Do high-focus work when your energy peaks and rest or do admin tasks during low energy phases.



WORK-LIFE BALANCE & BOUNDARIES



Rest is not a reward—
it's a requirement.

CREATE AN END-OF-DAY RITUAL

- Use time boundaries (e.g. no emails after X time)
- Practice saying:
 - "I can do this tomorrow"
- Schedule non-negotiable personal time
- Shut laptop + write tomorrow's to-do list
- Go for a short beach walk



CREATE YOUR OWN HABIT STACK



MOVEMENT

- After lunch → take a 5-min walk
- After brushing teeth at night → stretch for 5 minutes



HYDRATION

- Before breakfast → drink water
After coffee → drink water



MICRO-BREAKS

- Before lunch → move away from screens
Before bed → do a "brain dump"

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