

Be the Boss

GET ON TOP OF YOUR MONEY
FOR GOOD



WEEK 2, DAY 8

Rest and Relaxation

ACTION PLAN

At our program's halfway point we'd like to take a break from thinking about money, and rest!

As we stop, let's soak in the realisation that our well-being does not depend on endless work or worry: quite the opposite. Rest and relaxation are essential to living a healthy and fulfilling life.

Today we want you to start exploring what kind of rest and relaxation works best for you, and to learn some skills to start factoring it in to your weekly schedule.

Draw a picture of what rest and relaxation looks like for you. Think about the colours, the shapes and what brings that rest.

Think about the times you have felt most relaxed. What have you been doing?

How often do you have a weekend with no plans or to-do lists? When that happens what might it look like?



Moneycare

Be the Boss

GET ON TOP OF YOUR MONEY
FOR GOOD







A PLACE FOR REST

Let's have a go at seeing how you're spending your time. In the past week, make your best guess on how many hours you spent on each area

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Work and commute							
Home chores							
Sleep							
Play/Creativity							
Rest							
Other _____							
Other _____							

Does your week reflect enough rest, relaxation and the things you like to do? If it does, wonderful! If not, what needs to happen to make this change?

 Reflect	<p>What surprised you as you completed these activities? What aspect of rest and relaxation would you love to develop further? What do you need rest from?</p>
 Respond	<p>Share your 'vision' of rest and relaxation with others in your workplace, your home or with us all on Facebook group (Be The Boss Online Course). Let's inspire each other!</p>
 Remember	<p>In a world that demands more and more, resting is the alternative to wanting more and requiring more.</p> <p>Take time to be! Enjoy! Reset and rest.</p>
 Go deeper	<p>Interested in exploring the idea of the Biblical Sabbath? This video is a great place to start:</p> <p>qideas.org/qmoments/sabbath-is-meant-to-save-us</p>

Be the Boss

GET ON TOP OF YOUR MONEY
FOR GOOD

**YOU'RE
THE BOSS**

REACH OUT

If money issues are a cause of stress for you, you're not alone.

A recent Australian survey found 36% of respondents agreed that 'dealing with money is stressful and overwhelming', while 15% stated 'I am too busy to sort out my finances at the moment' (Source: Australian Financial Attitudes and Behaviour Tracker. Full report available here: financialcapability.gov.au/research/australian-financial-attitudes-and-behaviour-tracker/)

Our Moneycare staff would love to help. Remember, we are a free and confidential financial counselling service. You can contact us by visiting salvationarmy.org.au or 1800 007 007.

BeyondBlue website has a range of helpful resources and links for further support, beyondblue.org.au



Moneycare