
10 Practical Ways to Boost Your Energy Level by Doing NOTHING!

Life Unstuck Chapter 18 “Unstuck Rest”

The Hebrew word for rest is **NUAH**. It means absence of activity or movement, being settled in a particular place. Chapter 18 was one of my toughest Chapters to write, since it is one of my toughest chapters to LIVE! I don't often meet a woman who is not challenged by “not enough” time to do all the things she is expected to do. Most of us girls live with the feeling of being totally overwhelmed by daily life, heaven forbid a special event, a holiday or a sick person step into the mix of our madness. The desire of my heart as I wrote Unstuck Rest is for us to passionately pursue and joyfully experience the biblical mandate of **SABBATH Rest**.



Sabbath is both an **ACTION** of the body and an **ATTITUDE** of the heart. It is not only written on the calendar but also written in your heart. Sabbath, rest, is essential to our Life Unstuck. We must keep reaching for it, learning it and doing it! I am right now reading every book I can find to help me on this life-long quest. I want to share 10 Simple yet practical ways for us as women to take hold of some moments and when we are lucky some hours to get away from the racing and rushing of life's demands that keep us **STUCK** in stress, fatigue and feeling unfulfilled and frazzled. Try for at least **ONE A DAY** (you know, life the vitamin!) every day for 15 minutes. If you can find extra time take it! But start somewhere. **ONLY YOU** can insure Unstuck Rest for your Life Unstuck.

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1. **Exercise!** – ride a bike, walk, run, do stretches.
 2. **Nap!** (15 minutes makes all the difference between Stuck and Unstuck reactions)
 3. **Connect with an encouraging friend or mentor!**
 4. **Read for enrichment or just plain fun.**
 5. **Arts, Crafts, Decorating**—use your creative gifts (we all have something!) and watch the joy and peace slip right back into your life.
 6. **Watch a movie** (granted this one belongs at the longer side of rest)
 7. **Write a THANK YOU NOTE!** You can do this while waiting for an appointment or in a car pool line!
 8. **Stop and connect with God.** Let Him in on your day! Read a daily devotion and journal for 5-10 minutes what God is saying to you personally.
 9. **Take a walk, not a power walk, a SLOW walk.** Look for God, listen for His still small voice.
 10. **Sit on a swing or in a rocking chair. They are magic!!**