



YOUR HEALTH IS YOUR WEALTH®

SLEEP, REST & RECOVERY

MY REST & RECOVERY CHECK-IN

Notice what you need.
Explore what supports you.
Choose what fits your life.

Beyond Your Limits Inclusive Fitness & Recreation

My Rest & Recovery Check-In

Sleep, Rest & Recovery

Rest and recovery are about more than simply getting enough sleep.

Sleep is one important way your body and mind recover.

Rest can happen when you reduce physical effort, mental demand, stimulation, or other demands on your energy.

Recovery is the broader process of restoring the resources you use throughout your day.

How rested or restored you feel can be influenced by many things—including your health, pain, medications, activity, stress, responsibilities, environment, routines, and changing schedules.

There is no perfect pattern you need to achieve.

Start With What You Notice

Take a moment to consider:

How do I know when I feel rested or restored?

How do I know when I may need more rest or recovery?

What stands out most to me right now?

My observations are information—not grades.

What Influences My Recovery?

Sleep and recovery don't happen in isolation.

Many parts of your day may affect how rested, restored, or energized you feel. Read through the areas below and simply notice what seems relevant to you right now.

What might be influencing my rest and recovery?

- | | |
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| ☐ Sleep | ☐ Responsibilities or caregiving |
| ☐ Physical activity and movement | ☐ Food and hydration |
| ☐ Physical comfort or pain | ☐ Medications or health considerations |
| ☐ Stress | ☐ Daily routines and schedule |
| ☐ Mental demands | ☐ Social connection |
| ☐ Emotional demands | ☐ Quiet or time alone |
| | ☐ Noise, light, temperature, or other surroundings |

You don't need to identify everything.

What seems to support me?

What seems to use or challenge my energy?

Is there something I hadn't considered before?

What Kind of Rest Might Help?

Rest doesn't always mean sleeping or doing nothing.

Different moments may call for different kinds of support.

PHYSICAL

Reducing physical demand, changing position, sitting down, gentle movement, or giving your body time to recover.

MENTAL

Taking a break from concentrating, planning, problem-solving, decisions, or other demands on your attention.

SENSORY

Reducing noise, screens, bright light, activity, or other stimulation.

EMOTIONAL

Creating space from emotional demands or giving yourself time to acknowledge what you're feeling.

SOCIAL

Choosing connection when it restores you—or choosing some quiet and space when that is what you need.

What kind of rest or recovery support sounds most useful to me right now?

What might that look like in my real life?

What Do I Want to Explore?

You don't need to change everything you've noticed.

Use this page to consider what feels most useful or important for you right now.

What stands out most?

What already seems to support my rest or recovery?

What would I like to understand better?

One form of support I might explore:

What would make this realistic for my life?

I don't need a perfect routine. I can notice, explore, and adapt.

A Note About Your Health

This resource provides general wellness education and is not a substitute for individualized medical care.

Continue to follow the guidance of your healthcare professionals. Persistent, worsening, or concerning changes in sleep, fatigue, energy, or health should be discussed with an appropriate healthcare provider.