

UNLEARNING HUSTLE CULTURE & INVITING REST/RELAXATION

Reflecting on your thought patterns and routine can be helpful to cut the rut of hustle and move towards creating a healthier and balanced life.

Here are a few reflective questions that can help you do that!

How often do you prioritise rest in your life?

- When was the last time you took a break or engaged in a restful activity?

- How did you feel after?

Do you think hustle culture influenced your beliefs and attitudes about rest?

- If yes, in what ways has hustle culture influenced your beliefs and attitudes about rest?

- Do you believe that rest is necessary for your mental and physical well-being?

- Or do you see rest as a sign of laziness or unproductivity?

How do you typically respond to stress or feelings of overwhelm?

- Do you tend to push through and work harder, or do you take a step back to rest and recharge?

- How has this response served you in the past? How has it not?



What are some restful activities that you enjoy and find rejuvenating?

- How can you incorporate more of these activities into your daily or weekly routine?

- What barriers may prevent you from doing so, and how can you overcome them?



How can you start to shift your mindset and beliefs about rest to prioritize it as a necessary part of your self-care routine?

- What messages or affirmations can you use to remind yourself that rest is not a sign of weakness or failure, but rather a crucial aspect of maintaining your mental and physical health?

In what ways can you challenge the cultural narrative of hustle culture and its harmful effects on mental health?

- Can you start having conversations with others about the importance of rest and self-care, or advocate for policies and practices that prioritize work-life balance?

- How can you set boundaries with work and social media to reduce the pressure to constantly be productive or connected?

What thoughts and associations are evoked when you contemplate the concept of "rest"?

Have you observed yourself longing for rest?

What attributes or characteristics do you embody when you have attained a state of restfulness, both physically and mentally? How does your body and mind feel when it is well rested?



What would be the outcome if you were to yield to the notion of rest, permitting yourself to engage in restful activities as needed?

If you were to incorporate rest into your regular routine, what benefits or effects do you think you will experience?



Remember that rest is not a luxury, but a necessity for our mental and physical health. Hustle culture can make it difficult to prioritise rest, but it's important to challenge these beliefs and make space for restful activities in our lives. Take some time to reflect on your relationship with rest and how you can start incorporating more of it into your self-care routine

[Watch the video for Unlearning Hustle culture & inviting rest/relaxation here.](#)

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.