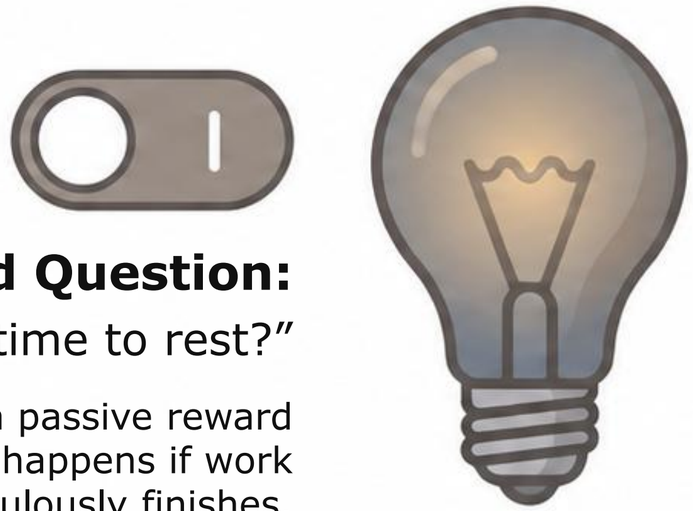
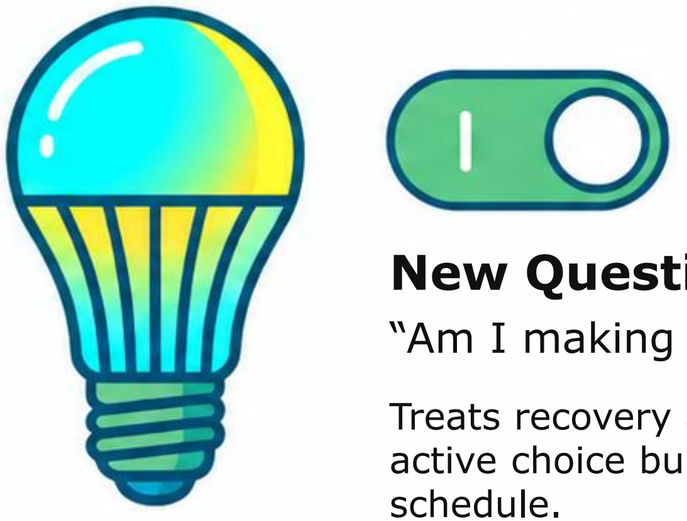
💡 Tip for Everyday Life
Reframing Rest: From Reward to Essential Condition



Old Question:

"Do I have time to rest?"

Treats rest as a passive reward that only happens if work miraculously finishes.



New Question:

"Am I making time to recover?"

Treats recovery as an intentional, active choice built directly into your schedule.

The Core Philosophy

Recovery is a Condition, Not a Reward

Rest is not something you earn after completing work—it is one of the necessary prerequisites that enables you to work well over the long term.

Co-funded by the European Union

CC BY NC SA