


Emotional Rest



Spend time with people who uplift you

 60 minutes

Objective

- *To help participants recognise the role of positive, affirming relationships in achieving emotional rest and to guide them in identifying, nurturing, and spending more intentional time with people who leave them feeling valued, supported, and energised.*

Materials needed

- Comfortable seating (chairs, cushions, or mats) arranged to encourage open discussion
- Printed copies of the Emotional Rest manual
- Pens and paper or journals for reflection
- Optional: whiteboard or flip chart to map characteristics of uplifting people
- Optional: light refreshments to create a warm, welcoming atmosphere



Tool Description

This tool focuses on the importance of consciously seeking out uplifting social connections as a way to restore emotional balance. Participants explore how certain relationships contribute to their wellbeing, while others may drain their energy. Through guided reflection, group discussion, and practical planning, they learn how to create space for nourishing interactions, strengthen existing positive bonds, and set boundaries with relationships that undermine emotional rest. By the end of the session, each participant will have a clear plan for integrating more uplifting connections into their life.



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Instructions

1 - INTRODUCTION (20 minutes)

- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter **Emotional Rest**
- Introduce the importance of **spending time with people who uplift you** as a practice and let participants know this will be the main focus of this module

2 – Identifying uplifting relationships

Participants reflect individually on the people in their lives who make them feel heard, valued, and encouraged. They are asked to consider specific qualities that make these relationships uplifting, such as empathy, trust, humour, or shared values.

3 – Group sharing and discussion

In small groups, participants share examples of uplifting relationships and discuss the positive impact these have on their emotional wellbeing.

The facilitator guides the discussion to highlight common characteristics, patterns, and ways to intentionally seek out these connections.



4 – Reflection and journaling

Participants journal about how often they currently spend time with uplifting people, the barriers that might be limiting these interactions, and potential solutions. They are encouraged to think about how they might reduce time spent in relationships that consistently drain their energy.

5 – Creating an uplifting connections plan

Each participant creates a personalised plan for increasing time with uplifting people. This includes identifying key relationships to nurture, ways to initiate more frequent or meaningful contact, and specific actions (such as scheduling regular meetups, phone calls, or shared activities).

6 – Sharing and closing

Participants are invited to share their plans and any insights gained during the session. The facilitator closes by reinforcing that surrounding oneself with uplifting people is an intentional act of self-care that supports emotional rest and resilience.



Reflection questions

- Do you feel you can clearly explain what emotional rest is?

**The people you choose to spend time
with influence the person you become.**

- How did reflecting on uplifting relationships affect your mental and emotional state?
- In what ways can you incorporate more time with uplifting people into your daily or weekly routine?
- What qualities do you value most in the people who uplift you?
- What is one action you can take this week to strengthen a positive relationship in your life?



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