

My 5-5-5 Rest Plan

A gentle space to outline your plan for healing and rest — with room for real life.

In Bed Days 1 - 5

What does rest look like for me during this time?

Who can help with meals, laundry, or the baby?

What comforts can I keep nearby?

(snacks • water • journal • support pillow • soft music)

On Bed Days 6-10

What gentle activities feel nurturing now?

What will I still say no to?

What's one small thing that helps me feel connected to family?

(snacks • water • journal • support pillow • soft music)

Around Bed Days 11-15

What light movement or tasks can I begin safely?

How will I pace myself?

What helps me remember to rest even when I feel better?

(snacks • water • journal • support pillow • soft music)



Support & Boundaries Plan

People I Can Call On

Meals or Tasks Others Can Help With

Reflection Box

What support do I need most in this season?

What does rest mean to me right now?

Reminders for Myself

It's okay to rest. Healing takes time. The house can wait.

Asking for help is a strength. Small steps still count.

