



WRITTEN EXERCISE:

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FORMAT:

INDIVIDUAL
WRITTEN
EXERCISE,
GROUP
DISCUSSION

Right to Rest

- Answer the following questions and try to reflect on your pattern of rest and sleep:
 - Do you sleep long enough for your body to recuperate energy?
 - Do you need or take any type of medication to help you sleep?
 - Do you think you could make changes, such as to your routine or habits, that would help you feel more relaxed when you go to bed and help you to fall asleep more easily and thus be better rested?
 - Do you rest sufficiently when you feel tired, exhausted or sick?
- When you are resting, do you just rest or do you use the time to do things that you are not able to do during your working day? (For example, do you check your e-mail, correct a document, plan an activity for the following day, or call for a meeting?)
- How frequently do you work on the weekend? Do you compensate for it during the week?
- When was your last vacation?
- Are your holidays spent resting or do you use them to catch up on pending work?
- Do you ask for or take time off when you need it or only when it is given to you?
- Identify and write down three changes that you promise to make to improve your pattern of rest:
 - a)
 - b)
 - c)