



WRITTEN EXERCISE:

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FORMAT:

INDIVIDUAL
WRITTEN
EXERCISE,
GROUP
DISCUSSION

*Right to Rest*⁴⁸

TIME: 60 MIN

REQUIRED MATERIALS: RIGHT TO REST EXERCISE, IN APPROPRIATE LANGUAGE

SUMMARY:

This is a written exercise for individuals to assess the quality and quantity of rest they are experiencing in their daily lives.

KEY EXPLANATION POINTS:

- Ask participants to sit alone and fill out the 'right to rest' questionnaire.
- After they have filled out the questionnaire, ask them to come together as a group to discuss their reactions to the exercise, and as appropriate, to share some of the steps that they will take to improve their pattern of rest.

FACILITATION NOTES:

- Rest is essential if your body is to function properly, and it even helps you develop a different perspective of yourself and of the world.
- However, in the majority of cases, activists have an accumulated deficit of hours of sleep and rest. Rather, time is spent preparing projects, closing reports, completing things at the last moment, helping people in an emergency, and trying to devise solutions to 'important' problems when in bed trying to fall asleep.
- When we think of the way in which we distribute our time and the time that we dedicate to rest, often we feel a certain dissatisfaction not only in terms of the time that we get for sleep, but also in relation to other aspects of our lives, such as time for leisure, recreation and rest. Time available for friends and rest is increasingly

limited to 'obligatory or festive occasions', increasing the trend of reducing vacation time in favour of work, spending weekends finishing tasks that were impossible to complete during the week, or engaging in professional activities that are only possible on a weekend (such as workshops or lectures). Subsequently there is no attempt to compensate for the time spent on such activities, in favour of much-needed rest. Thus, month after month, we find it impossible to spend valuable and necessary time with friends, just having fun or conducting any other activity that is recreational or even plain restful.

- This routine leaves us exhausted, stressed and even depressed. We are not able to recuperate the energy we need for our daily chores and activities.



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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)