



20 REST DAY ACTIVITIES

Planning your rest day but not sure what activities to try? Try one of these low cost or zero cost options to get relaxed & recharged.

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- **Nature Walk:** Take a leisurely stroll in a nearby park or nature reserve.
- **Picnic:** Pack some homemade snacks and enjoy a picnic in a scenic spot.
- **Reading:** Dive into a good book or catch up on your favorite articles or blogs.
- **Meditation:** Practice mindfulness meditation to relax your mind and body.
- **Yoga:** Follow a free online yoga class or create your own routine at home.
- **Journaling:** Spend time reflecting on your thoughts and feelings through writing.
- **DIY Spa Day:** Pamper yourself with a homemade face mask, bubble bath, or foot soak.*
- **Art Therapy:** Try your hand at drawing, painting, or any other creative expression.
- **Cooking or Baking:** Experiment with new recipes or bake some treats for yourself or loved ones.
- **Gardening:** Spend time tending to plants or starting a small indoor herb garden.

Considering your own DIY spa day experience?

Watch this *video* with my tips for a relaxing DIY Spa Day.

Then grab my product guide to create your own spa day experience right at home.

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- **Photography:** Take a camera or smartphone and capture the beauty around you.
- **Listen to Music or Podcasts:** Create a playlist of your favorite songs or explore new podcasts.
- **Stargazing:** Lay out a blanket and gaze at the stars on a clear night.
- **Stretching:** Practice gentle stretching exercises to relieve tension and improve flexibility.
- **Napping:** Take a short nap to recharge your energy levels.
- **Volunteering:** Offer your time to help a local community organization or charity.
- **Birdwatching:** Set up a bird feeder in your yard or simply observe birds in their natural habitat.
- **Mindful Walking:** Take a slow, mindful walk focusing on each step and your surroundings.
- **Board Games or Puzzles:** Play board games or solve puzzles with family or friends.
- **Digital Detox:** Disconnect from screens and spend quality time with loved ones or engage in offline hobbies.

These activities can help you unwind, recharge, and find peace on your Sabbath rest day without breaking the bank.

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I am so excited for you to start your own rest day practice. I hope you find it as beneficial as I do. And I hope you find this list really helpful.

Let's connect at [Be You Beautifully](#) on IG or join our [Be You Beautifully Facebook](#) community.

Much Love,

Suzanne
xo

Curious about working with me as a business partner or developing your personalized selfcare or skincare plan? Contact me at beauty@suzannemharvey.com to schedule your no obligation discovery call.