

GROUNDING GRACE REST RECIPE CLUB



2025

DECEMBER

Slow Down & Savor

ROOT EXHALE SAVOR TRUST

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R - ROOT

E - EXHALE

S - SAVOR

T - TRUST

This month's Rest Recipes are organized around four simple, human gestures that can support you at any moment. These four themes are everyday practices you can return to whenever you feel rushed, overwhelmed, unsettled, or stretched thin. They are lived experiences your body already understands.

ROOTING

The moment your breath slows and your feet find the ground.

Rooting brings you back into your body and reminds your nervous system:

It says: I'm here. I'm safe. I can settle here.

Rooting reorients you toward steadiness, clarity, and presence.

EXHALING

Exhaling is the art of softening your grip.

It's the long breath out that loosens what's tight inside you, the sigh that drops your shoulders, the moment you release the pressure to carry everything alone.

Exhaling clears mental clutter and emotional residue so you can meet your day with more ease.

SAVORING

Savoring is a practice of letting something good touch you.

A warm light, a small sweetness, a moment of delight, a breath that feels nice.

It awakens the part of you that remembers: Oh... I'm allowed to enjoy my life, even in small ways.

Savoring nourishes your emotional landscape and brings richness back into ordinary moments.

TRUSTING

Trusting is the part of you that listens instead of pushes. The practice is softening into what you can't control — the timing, the unfolding, the mystery of what comes next.

It's not forcing clarity; it's listening for your inner wisdom to guide your next right step.

Trusting reconnects you with your deeper self and the quiet confidence beneath everything you do.

REST is not about fixing ourselves – REST refreshes, restores & empowers.

HELLO & WELCOME

How to Use These Rest Recipes

This is not a challenge or a checklist. It's an invitation. Browse these pages the way you might search for your next favorite recipe —with curiosity, openness, and a sense of possibility. Notice what speaks to you. Begin there. You don't need long stretches of time to rest. You only need presence within the time you already have. That's why each theme includes three time offerings:

🌿 Centering Starts & Rest Stops

5–10 minutes

Small pockets of presence to meet yourself right where you are: after waking up, in between tasks, or anytime you can center.

You don't need more time —*just more presence within the time you already have.*

🌿 Mini Resets

15–20 minutes

Longer pauses that restore focus, release emotions, and reconnect to your inner steadiness.

🌿 Sacred 30s

~30 minutes

Small ceremonies of care — moments to slow down, replenish, and remember your natural rhythm. Honor your season, your body's wisdom, and your own unfolding.

You can stay with one recipe all month or choose different ones depending on the day. There is no wrong way to rest.

In loving support-

Pamela J Price

