

# Body Signals: Rest vs. Resistance



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## Signs You Need Rest

Heavy eyelids, yawning frequently, difficulty concentrating, and feeling physically drained are your body's way of asking for rest.



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## Physical Fatigue Signals

Muscle soreness, low energy levels, and slow recovery after activities indicate your body needs restorative rest.



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## Resistance Warning Signs

Tension headaches, tight shoulders, clenched jaw, and racing thoughts signal your body is resisting stress overload.



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## Emotional Resistance

Irritability, feeling overwhelmed, and emotional sensitivity are signs your mind needs a break from demands.



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## Listen & Respond

Honor your body's signals by taking breaks when needed. Rest is productive and resistance is a call for self-compassion.



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