

A 14-DAY SELF-GUIDED JOURNEY

Rest + Resilience

Build a practical rhythm for rest, recovery and everyday wellbeing.



Your workbook for noticing patterns, making room for recovery and choosing habits that fit real life.

Created for Vitalhaus by Christine Thompson, FNP-C
Digital workbook + 14-day plan + printable trackers
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START HERE

A stronger foundation.

You do not need to change everything at once. Begin with one repeatable action and learn from what happens.

What this Journey includes

Seven short lessons, a two-week practice plan, two daily logs, a recovery planner and a next-step worksheet. Most daily exercises take about 10 minutes, apart from sleep and movement.

How to use it

Read pages 3-9 at your own pace. Use the plan on pages 10-11, then print the logs on pages 12-13 or write in a notebook. The 14 days are a practice window, not a promise of results.

Who it is for

Adults seeking general education about everyday stress, sleep routines and sustainable habits. Shift workers and caregivers can adapt actions to their actual rest period.

What your purchase includes

A downloadable PDF for personal use. Clinical visits, messaging, lab testing, interpretation, supplements and individualized treatment are separate. No appointment or supplement purchase is required.

Use thoughtfully

This educational resource does not diagnose or treat a condition or establish a clinician-patient relationship. Keep prescribed treatment in place. Persistent or worsening symptoms deserve a clinical assessment; do not assume stress explains them.

LESSON 01

Begin with observation.

Use curiosity rather than a scorecard.

Look for a pattern

Write down what feels hardest, when it appears and what surrounds it. Include work, caregiving, illness, pain, medications and your sleep opportunity. A log can organize a conversation; it cannot establish the cause of a symptom.

Choose your own definition of progress

Pick one daily-life outcome you care about: a calmer transition home, fewer evenings spent working, or a more predictable wake time. Notice whether the plan fits your needs before adding more.

What would I like to feel or do differently?

What could make this week easier to manage?

Sources: [1, 2] | Original Vitalhaus exercises; see reference page.