Protect a little time to rest

Make rest visible among commitments rather than treating every spare minute as available.

Three steps

1. List fixed commitments
2. Choose a realistic rest window
3. Agree a boundary or ask for help

A worked example

Day	Tuesday
Fixed commitment	Work and pickup
Possible rest window	20 min after dinner
Boundary	No optional admin

A small rest window is protected instead of filled by another task.

This is not a mental-health treatment tool; seek professional support when needed.

Protect a little time to rest

Use one row per item or decision. Start with what you know.

Day	Fixed commitment	Possible rest window	Boundary

My next action / when