



THE SCIENCE OF REST: Why Switching Off Feels So Hard

A 60-minute Fireside Chat

ABOUT THIS SESSION:

In a culture that celebrates productivity, many people find it surprisingly difficult to truly rest over the summer months. Join us for a conversation that explores the neuroscience of recovery, why stress can keep us feeling "switched on," and what genuine restoration looks like for both mind and body. Through dialogue and reflection, we will explore how rest restores and supports resilience, wellbeing, and sustainable performance.

JOIN US TO EXPLORE:

- Why it can be difficult to switch off, even during holidays and time away from work
- Insights into stress cycles and nervous system activation
- The difference between true recovery and simple distraction
- Practical ways to support physical and emotional restoration
- A better understanding of how recovery enhances wellbeing, resilience, and performance

