TEAM DISCUSSION GUIDE

The Rest Revolution

For book clubs, ERGs, and leadership teams reading The Rest Revolution by Amanda Miller Littlejohn (Wiley). Use it across one long session or four shorter ones. There are no right answers here, only honest ones.

Before you begin: open each session with one minute of quiet, or a slow box breath (in for four, hold for four, out for four, hold for four). Agree that what's shared in the room stays in the room.

Session 1 · How we got here

- Which patterns of modern high achievers did you recognize in yourself? Which in our workplace?
- Where did you first learn that your worth was tied to your output?
- What does 'pushing through' look like on our team? Who notices when someone is running on empty?

Session 2 · The burnout cycle

- The book describes overworking on autopilot, backburnering what matters, repeatedly skipping winter, a breaking point, and recalibration. Where do you see yourself right now?
- What have you put on the back burner that once gave you energy?
- What would it take for our team to recognize the cycle earlier, before the breaking point?

Session 3 · Self-betrayal and becoming a student of yourself

- When do you most often override your own needs at work: skipping meals, ignoring fatigue, saying yes when you mean no?
- Who and what energizes you? Who and what drains you?
- What are your ideal thriving conditions, and how close is our current way of working to them?

Session 4 · Seasons and a new norm

- Spring planting, summer growth, fall harvest, winter rest: which season are you in? Which season is our team in?
- Which season do you tend to avoid, and what has that cost you?
- Name one practice, boundary, or agreement our team could try for the next 30 days.

Try it together: 60-second rest practices

Hum your way to calm. Take a breath and hum on the exhale for a minute. Humming can slow your heart rate and settle your body.

Box breathing. Four counts in, four hold, four out, four hold. Repeat four times.

Sound. Close your eyes and listen to a five-minute soundbath before your next meeting.

Take it further

Want to close your read with the author in the room? Amanda offers author visits, keynotes, and The Rest Revolution Experience: an author discussion with reflection, breathwork, and live sound. Inquire at **amandamillerlittlejohn.com/book** or **hello@amandamillerlittlejohn.com**.