



**CHRIST**  
(DEEMED TO BE UNIVERSITY)  
BANGALORE | DELHI NCR | PUNE

C O U N S E L L O R ' S   N O T E :   J U N E   2 0 2 6

# The Quiet

## Art of Rest:

**RECLAIMING OURSELVES IN  
THE MIDDLE OF THE YEAR**



June arrives softly, almost unnoticed — nestled between the urgency of beginnings and the exhaustion that slowly gathers through routine. By the middle of the year, many people find themselves emotionally stretched, mentally fatigued, or quietly disconnected from themselves. Yet, psychologically, this season offers something deeply important: a pause.

We often associate rest only with sleep or taking a break from work, but true rest is far more layered. It is emotional rest from constantly being “fine.” Mental rest from overthinking. Social rest from the pressure to always be available. Sometimes, what we need most is not productivity, but permission — permission to slow down without guilt.

A gentle reflection for this month could be:

*What parts of me have been asking for rest that I have been ignoring?*

In a culture that celebrates constant movement, choosing rest can feel unfamiliar, even uncomfortable. But our minds and bodies are not designed to function endlessly without care. Burnout rarely arrives all at once; it often appears quietly — through irritability, numbness, difficulty concentrating, emotional exhaustion, or losing joy in things we once loved.

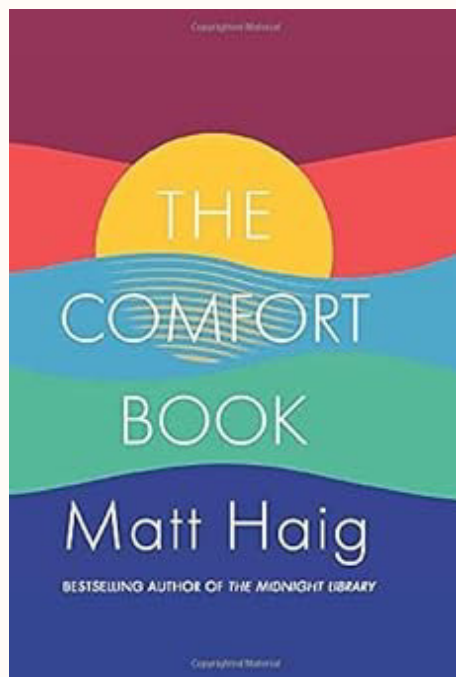
June can become an invitation to reconnect with ourselves in smaller, softer ways. To sit with silence without rushing to fill it. To spend time in spaces that feel nourishing. To allow moments of stillness without seeing them as unproductive. Healing and clarity often emerge not in intensity, but in gentleness.

As the year continues to unfold, remember: you do not have to earn rest by reaching exhaustion first. Sometimes, the healthiest thing we can do for ourselves is to simply pause, breathe, and return gently to who we are.

Wishing you a month of softness, restoration, and quiet inner balance.

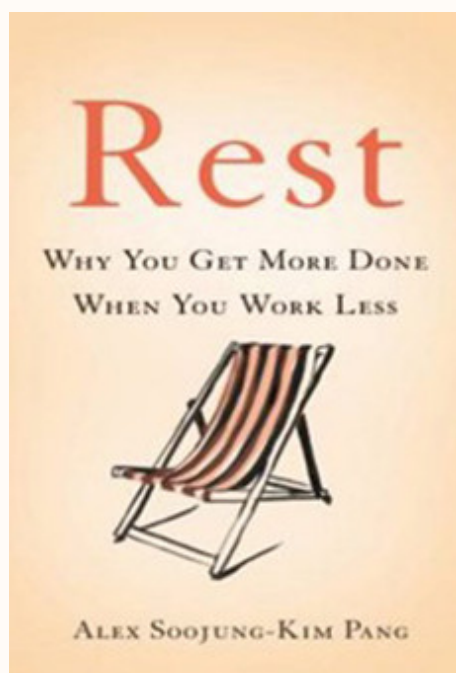
## Book Recommendation

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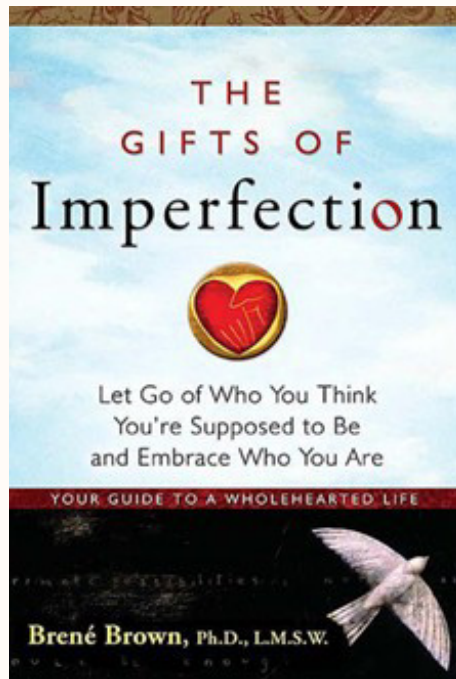
### ***The Comfort Book***

by Matt Haig



**Rest: Why You Get More Done When You Work Less**

by Alex Soojung-Kim Pang



***The Gifts of Imperfection***

by Brené Brown

**Video Suggestions**

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Brené Brown — The Power of Vulnerability (TED Talk)

[Watch Video](#)

**Get in touch with your counsellor for additional resources and help**

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