

It is not all about making plans non-stop...

*sometimes we also need to
know when to take a break.*

When your body asks for a break... even if the music keeps playing.

April usually brings a greater sense of movement. Days become longer, plans begin to fill the calendar, along with trips, events and celebrations. **There's more light, more noise, and the urge to make the most of everything.**

And it's good to enjoy it. But even in the most social months of the year, no one can keep up the same pace all the time without taking a break. The mind works in a similar way: it's not always about carrying on, pushing through and holding it together. **Sometimes it's also necessary to turn the volume down, check in with yourself and adjust your pace.**

For this reason, we invite you to have a little break and check your pace. Just to figure out whether you can continue in this way... **or whether today it might feel better to slow down a bit.**

A short reflection exercise

This is your moment, and we'd like to suggest a simple exercise:

- Make two quick lists:
 - Things that **have recently energized or spurred** you on.
 - Things that **help you cool down**.
- **Choose one** from each list that's most on your mind right now.
- Finally, **choose one simple action** to balance your pace this week.

Our brain also needs to alternate between moments of activation and moments of rest. If there are no breaks, fatigue accumulates even when we're doing things we enjoy. **Stopping in time doesn't cut off the enjoyment; it makes it sustainable.**

Continue your development...

Here's a blog post about dealing with exhaustion where you can understand better why this happens, what types there are, and how you can cope with it.

[Read blog](#)

Missed one of our previous pills? You can find them all [here](#).

