Supported rest

Purpose and choice: pause with familiar support without adding a posture-holding or relaxation assignment. Choose another position or seek individual advice if support worsens breathing, pain, dizziness or other symptoms.

Steps

1. Stay in, or safely choose, a familiar comfortable position with support if helpful. It may be seated, reclined or side-lying. No position is required.
2. Use support already available and suitable for you. No floor access, raised legs, precise angles or added weight is needed.
3. Rest without a body scan, breathing rule or requirement to remain still. Adjust as needed. No required time applies; finish whenever you want.
4. Return to activity according to your usual care and mobility needs. Do not rush a transition; ask for help if needed.

Adaptation: if moving or arranging support adds too much effort, choose no additional practice. Follow individual care advice for positional symptoms, breathing conditions or restricted mobility. During pregnancy, follow maternity positioning advice, including advice about lying flat and sleep. No position is required by this card. Heat, cold and weighted items are not required.

Stop: if the position worsens symptoms, end the optional practice. Change position only as safely as you can, following care advice and asking for assistance if needed. Do not stand suddenly or keep testing different positions. Leave your breathing alone unless following prescribed instructions.

Help: call your local emergency service for severe breathing difficulty; a tight or heavy chest; sudden chest pain that persists, spreads to an arm, back, neck, jaw or stomach, or comes with sweating, nausea, light-headedness or breathlessness; unusually pale, blue or grey lips or skin; sudden confusion; or sudden facial drooping, arm weakness or speech difficulty, even if these stroke signs stop. Do not drive yourself or delay help for this card. These are examples, not a complete list. [13 to 15]

Sudden, unexpected breathing difficulty needs immediate medical help. Other new or worsening breathlessness needs urgent medical advice. Do not assume the practice explains symptoms. [13, 22]

If you cannot keep yourself safe, seek emergency help now. Chapter 10 gives fuller support guidance.

Check: consider comfort and usefulness separately, including noticeable later effects when relevant. A comfortable result does not establish medical safety. This card does not limit ordinary rest, pacing or clinician-advised care.

Keep if comfortable enough and useful. **Adapt** one detail only if wanted after ending the trial. **Pause** when uncertain, uninterested or out of capacity. **Stop** for discomfort, worsening or preference, with no obligation to retry.

Evidence and limits: no universal therapeutic posture or duration is claimed. The card cannot identify the medically suitable position for you or guarantee sleep or symptom relief. Chapters 5 and 6 explain support and access; Appendix G lists relevant guidance.