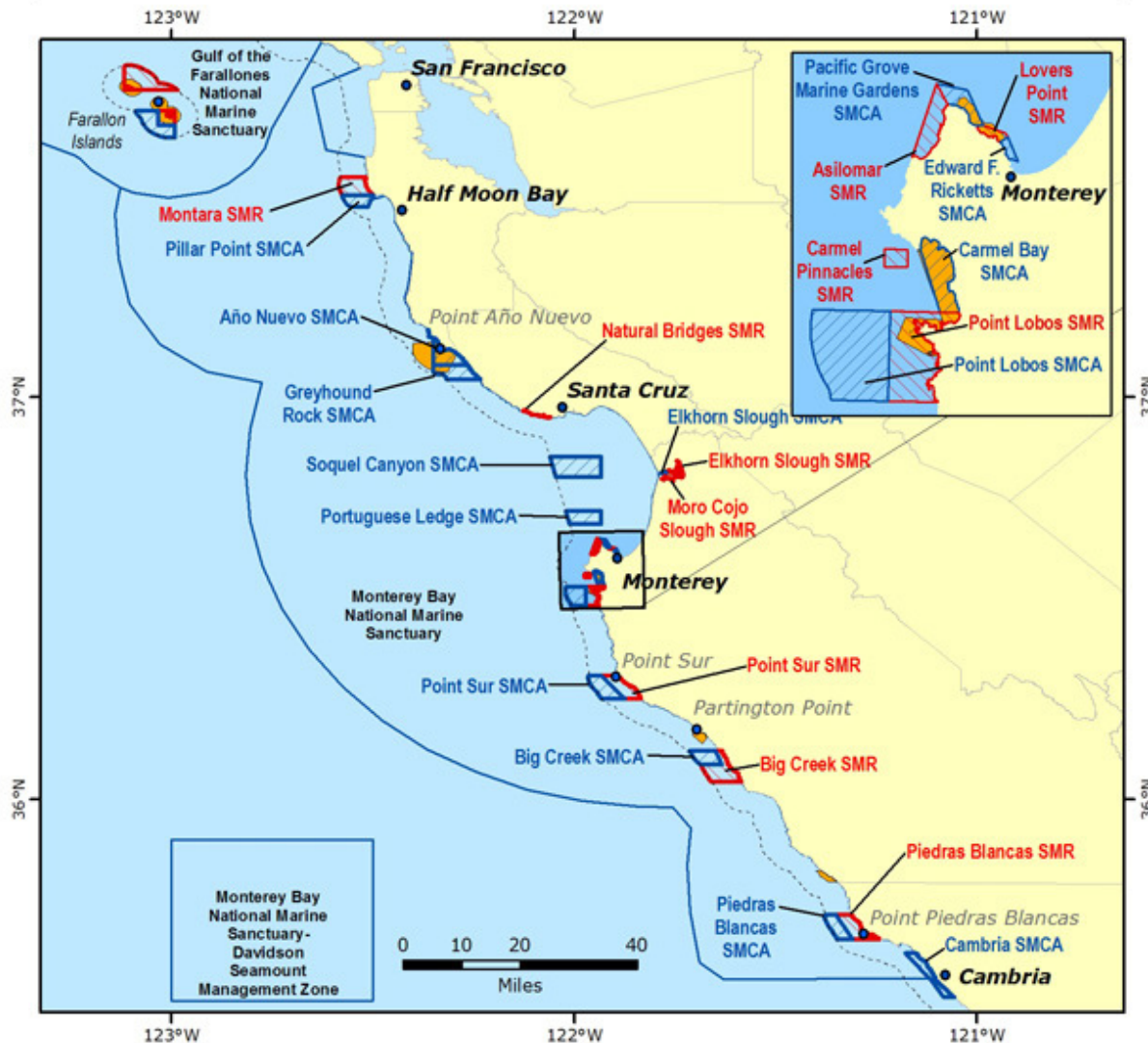


Marine Protected Areas



Legend



- Statewaters
- National Marine Sanctuary
- Areas of Special Biological Significance

Marine Protected Areas

- ▨ State Marine Conservation Area (SMCA)
- ▤ State Marine Reserve (SMR)

Data Source: CA Dept of Fish and Game

Sanctuary Integrated Monitoring Network

Marine protected areas (MPAs) within the sanctuaries increase the protection of marine life and habitat. State Marine Conservation areas allow some combination of commercial and/or recreational take but within a State Marine Reserve, all life must be conserved. Areas of Special Biological Significance focus on protecting the resources from an undesirable alteration in natural water quality.



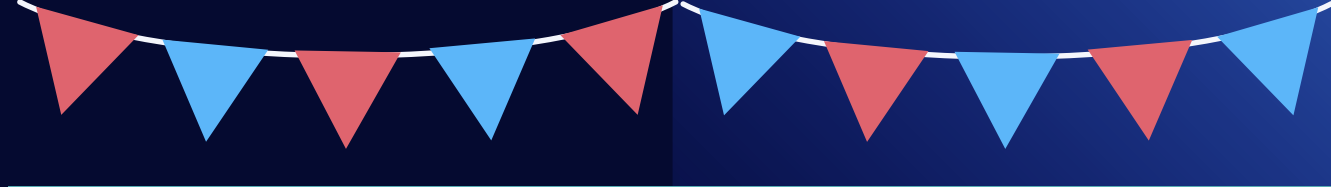
Central Coast FIELD TRIP

SUNDAY, MAY 21, 2023
10:00AM - 2:00PM



To rest is not self-indulgent, to rest is to prepare to give the best of ourselves, and to perhaps, most importantly, arrive at a place where we are able to understand what we have already been given.

David Whyte



TYPES OF REST



Physical

Rest the body: sleep, naps, breathing, yoga/stretching, meditation, stillness.



Mental

Rest the mind: regular brain-breaks during your work day, music, silence, journaling.



Emotional

Emotional rest: Expressing emotions, sharing/being witnessed, therapy, journaling, self-care, stopping people-pleasing.



Sensory

Rest the senses: lying down or napping with eye mask and ear plugs, silence, turn off devices, turn down lights.



Spiritual

Spiritual rest: Doing things that provide meaning, meditation, spiritual practice, community.



Social

Social rest: Spending time with supportive people, filling your own battery, nurturing important relationships.



Creative

Creative rest: Making creative spaces, putting beauty around you, being in nature, resting the brain, being childlike, reawaken wonder.

Inspired by Sacred Rest and the work of Dr Sandra Dalton-Smith
www.startwithyou.co

ANATOMY OF ACTION



Rest Quiz

Anatomy of Action



Rest Quiz Key

0-15: You are getting adequate rest in this area

16-25: You are experiencing rest in this area but would thrive with more

26-35: You are feeling the effects of your lack of rest and need a change

>35: Your life is negatively affected by your lack of rest

- Enjoy the journey
- Stay curious
- Choose experiences