

7 TYPES OF REST

by Sandra Dalton Smith

Physical

ACTIVE physical rest = stretching, yoga, massage

PASSIVE physical rest = sleeping, napping, lying down

Mental

Schedule short breaks throughout the day for processing and reflection. Jot down nagging or intrusive thoughts.

Sensory

Close your eyes periodically for a minute. Unplug from electronics, light, noise, and other stimuli. Lie down for 20 minutes and do absolutely nothing.

Creative

Recharge creativity by spending time in nature and focusing on beauty. Post art that you love in your workspace. Make something (else) with your hands: cook, do a puzzle, draw, put together furniture, etc.

Emotional

Take a break from people-pleasing. Respond to requests authentically with your true feelings and capacity. Say "no." Set a meaningful boundary with someone. Release pent-up emotions.

Social

Spend more time with people that revive you and less time with people that exhaust you. Turn down invites that don't appeal to you. Initiate or say yes to opportunities to do activities you truly enjoy doing with others.

Spiritual

Connect to something larger than yourself through meditation, prayer, or community involvement. Spend time outdoors or in the presence of beauty.