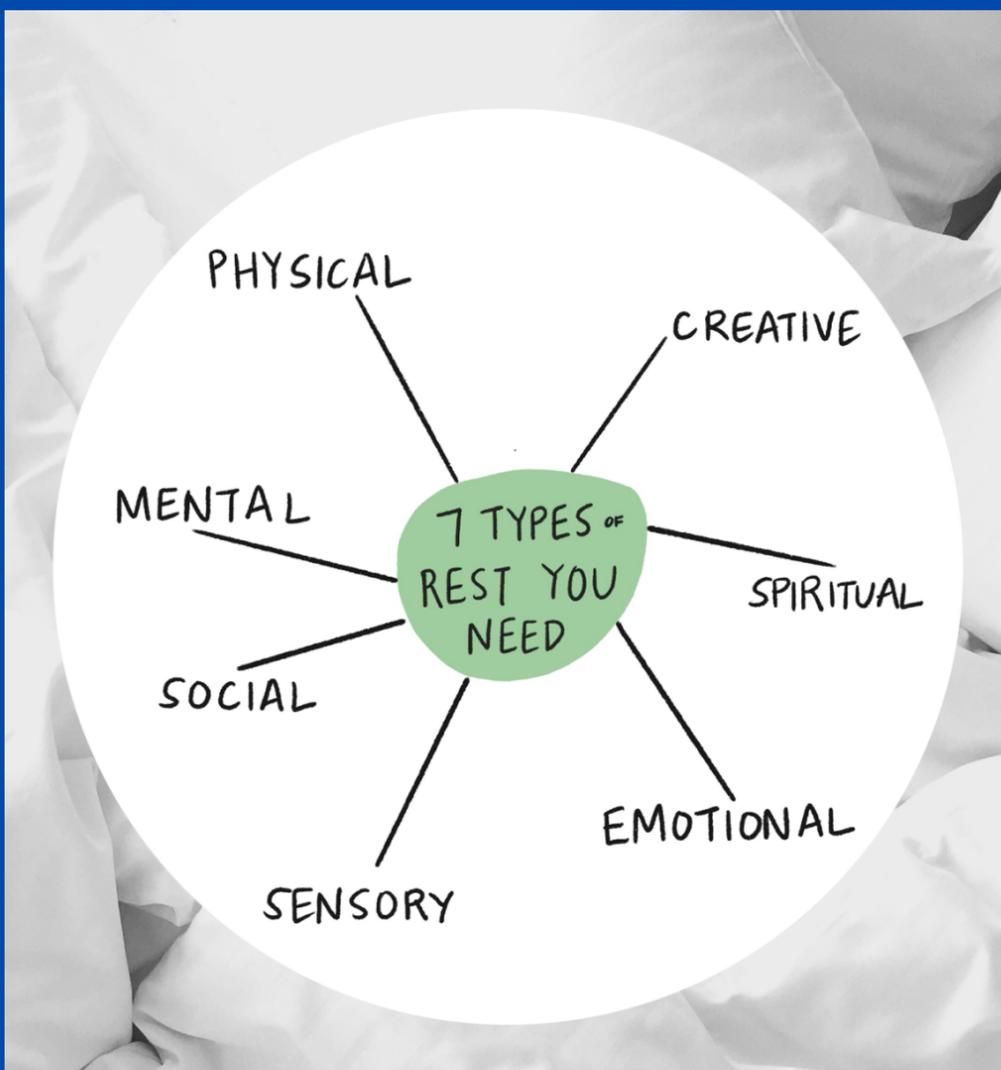


# 7 Types of Rest



**Fight the phrase:  
"I am tired"  
by getting the  
rest your body  
needs!**



## Physical

**The hours you sleep during the day and the need for your physical muscles to relax.**

Allow your body to get physical rest through sleeping, napping, yoga, stretching, and massage therapy. Adults are recommended 7-10 hours of sleep at night while children are recommended 8-13 hours of sleep.

## Mental

**Our brains can feel like they are on overload with the amount of information they are retaining.**

Schedule short breaks, write down notes, spend time in nature, and complete deep breathing exercises. These are a few ways to give your brain the opportunity to rest from thinking.

## Social

**Social rest is not always being alone, but being surrounded by the right people.**

Take time to be around people whom you can trust and do not always expect something from you. Who respects your boundaries and supports healthy connections?

## Sensory

**Computer screens, bright lights, background noise and multiple conversations.**

Take time away in the middle of your work day. Go for a quick 5 minute walk in a place that is quiet, close your eyes for a full minute, and/or unplug from electronics at the end of the day. Carve out time, no matter how small, to be alone.

## Emotional

**Not having time or safe space to freely express your feelings.**

Cultivate a safe environment for all feelings, not seeing any emotions as positive or negative. You may need some intentional social time with someone you trust, or time to journal and be alone.

## Spiritual

**Finding meaning and purpose in the work you are doing.**

Some may find this in a religious or spiritual practice. However, what for you helps you feel like you belong, have a purpose, and a passion? How can you integrate this into your daily life?

## Creative

**When you are having to constantly come up with new ideas and solutions to problems.**

Creative rest takes not always having to come up with something new, but appreciating what is in front of you. Take time in nature, look at things that inspire you, and delegate responsibilities which might be too much.