

7 TYPES OF REST



the
recovery
project.

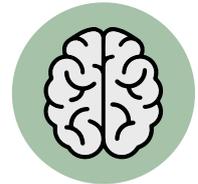


1 PHYSICAL REST (PASSIVE OR ACTIVE)

Passive physical rest includes sleeping and napping, while active physical rest means restorative activities such as yoga, stretching and massage therapy that help improve the body's circulation and flexibility.

2 MENTAL REST

You don't have to quit your job or go on vacation to get mental rest. Schedule short breaks to occur every two hours throughout your workday; these breaks can remind you to slow down. You might also keep a notepad by the bed to jot down any nagging thoughts that would keep you awake.



3 SENSORY REST

Bright lights, computer screens, background noise and multiple conversations can cause our senses to feel overwhelmed. This can be countered by doing something as simple as closing your eyes for a minute in the middle of the day, as well as by intentionally unplugging from electronics at the end of every day.

4 CREATIVE REST

This type of rest is especially important for anyone who must solve problems or brainstorm new ideas. Creative rest reawakens the awe and wonder inside each of us. Allowing yourself to take in the beauty of the outdoors or enjoy the arts to provide you with creative rest.



5 EMOTIONAL REST

Means to make the time and space to freely express your feelings and cut back on people pleasing. Emotional rest also requires the courage to be authentic.

6 SOCIAL REST

If you're in need of emotional rest, you probably have a social rest deficit too. This occurs when we fail to differentiate between those relationships that revive us from those relationships that exhaust us. To experience more social rest, surround yourself with positive and supportive people.



7 SPIRITUAL REST

This type of rest is the ability to connect beyond the physical and mental and feel a deep sense of belonging, love, acceptance and purpose. To receive this, engage in something greater than yourself and add prayer, meditation or community involvement to your daily routine.