

6 Types of Rest That We All Need

Physical Rest – Passive rest is sleeping or napping. Active rest is stretching, yoga, and massage that help improve our circulation and flexibility.

Mental Rest – Schedule short breaks every two (2) hours through the workday. Take a breath or a pause and slow down for 5 to 15 minutes.

Sensory Rest – When you are taking those Mental Rest breaks, try closing your eyes for 5 minutes and maybe even leverage noise canceling headphones. Sensory deprivation helps undo being over-stimulated by feeling constantly “on.” Also turn off those electronics one (1) hour before bed.

Creative Rest – Take your vacation and 100% checkout from work. Do what restores your spirit and brings you joy. This can be hiking, golfing, skydiving, soaking up sun while at the beach (wearing sunscreen of course), or taking in history at a new destination.

Emotional Rest – We often are running on a social deficit. This occurs when we fail to differentiate between those relationships that revive us to those that exhaust us. To experience more emotional rest, surround yourself with those people that are positive and supportive. While we can’t always avoid people that leave us feeling drained, we can practice the 80/20 rule.

Spiritual Rest – Our ability to connect beyond the physical and mental and feel a deep sense of belonging, love, acceptance, and purpose. To experience Spiritual Rest, engage in something greater than yourself and add prayer, meditation or community involvement into your daily routine.

