



Rest is as Important as Sleep

Too tired to sleep? Wired but exhausted. The answer may not be sleep; it could be rest. Sleep is clearly vital to wellbeing. Unfortunately, rest does not get the same level of attention, and it might be why many of us resort to fueling up on sugary, caffeinated drinks to power through the day, which impacts our sleep. Consequently, the desire to power up leaves us vulnerable to burnout.

Which of these seven different ways to feel better long term are a good fit for you?

Physical Rest

Movement is essential to the body, but it needs breaks. It might be sitting down or closing your eyes for a few minutes. Physical rest can also be light stretching or receiving a massage; each helps the blood circulate, muscles relax, and the body recharge. Rest does not need to be that complicated.

Mental Rest

Thinking is hard work. Once tired, an exhausted mind has difficulty focusing on the tasks at hand, making it hard to get things done. Like taking a big breath, you need to give the brain a short break. Let your brain wander for five to ten minutes, just like a walk to the water cooler.

Sensory Rest

The brain needs quiet. However, the world is designed to get your attention. We must process the computer ding, phone buzz, warning light, background music, and crowd noise. The brain becomes used to the stimuli, and silence can be uncomfortable. So, we seek out a distraction, which only leaves us more exhausted. Unplug for a few minutes each day to get started.

Creative Rest

The mind thrives on inspiration from the beauty in the world. It might be the feeling of awe when you see a waterfall or an amazing piece of art. The sense of wonder nourishes the soul, so schedule time to regularly explore the beauty around you.

Emotional Rest

Be happy! It is a message we hear often. However, sometimes we need to be sad, frustrated, anxious, and comfortable to say, "I am not okay." Therefore, we find the courage to share uplifting and fragile feelings. Find people who accept you for being vulnerable and return the kindness.

Social Rest

We are social creatures, but we sometimes need alone time. Family and friends can fill us up and drain us. However, life is not an either-or situation, and neither should be your social interaction - tinker with the level that feels right by checking in with your energy level at the end of the day.

Spiritual Rest

Your church might be a building, trail, or quiet spot; it is the place you go to connect with something more than yourself. You can find peace in those moments where you realize you do not need to be perfect and are not alone.

Humans have strengths, weaknesses, and opportunities. Each is a lesson we can learn from when we prioritize rest along with a good night's sleep.

source: <https://ideas.ted.com/the-7-types-of-rest-that-every-person-needs>