

WHICH OF THE 7 TYPES OF ACTIVE REST DO YOU NEED

If you are experiencing these symptoms, you may need more rest in the following area...

Lack of energy

Exhaustion

Weak immune system

Self-medication

High self-criticism

“What if” thought loops

Same thoughts repeating

Overthinking

Reliving past events & what you should have done

Judging

Focus on failures & flaws

High self-doubt

Really poor self-talk

Beat self up

Constant worry

High anxiety

Feeling isolated and alone

Hard to maintain close relationships

Gravitate towards people with unhealthy boundaries or behaviors

Prefer online relationships – distance is a comfort

Restless

Over-stimulated sensories (olfactory - smells, eye sight, touch stimulation)

Disturbing dreams

Struggles related to weight

Lethargy

Decreased satisfaction

Feelings of helplessness, hopelessness, & trapped

Disconnected from spiritual force (something bigger than one's self)

More focused on needs of others than on yourself

Easily talk yourself out of self-care

Feel selfish

Self-sabotage

Feel your work is worthless



PHYSICAL REST

Passive or active restorative activities



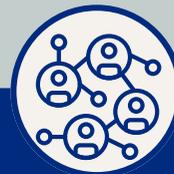
MENTAL REST

Allowing time for cognitive rest



EMOTIONAL REST

Releasing emotional heaviness



SOCIAL REST

Connecting in ways that fill you



SENSORY REST

Reducing or focusing sensory stimuli



SPIRITUAL REST

Increasing belonging & connection



CREATIVE REST

Appreciating beauty in all forms & creating

WAYS TO ENGAGE IN THE 7 TYPES OF ACTIVE REST



PHYSICAL REST

Passive or active restorative activities

Move your body

Take a nap

Practice breathing exercises

Relax your muscles

Take a walk

Have a massage or a hot bath



MENTAL REST

Allowing time for cognitive rest

Schedule short "brain breaks"

Journal

Listen to relaxing music

Disconnect from devices

Practice mindfulness activities

Meditate



EMOTIONAL REST

Releasing emotional heaviness

Be aware of your emotions

Set healthy boundaries

Speak to a friend or therapist

Acknowledge and share your feelings with others

Learn healthy coping skills



SOCIAL REST

Connecting in ways that fill you

Identify your social needs

Spend time with trusted friends

Connect with supportive people

Set boundaries with people who drain you

Spend time by yourself



SENSORY REST

Reducing or focusing sensory stimuli

Minimize devices before bedtime

Create moments of quiet & calm

Close your eyes & center yourself

Smell something pleasant

Go outside and listen to nature



SPIRITUAL REST

Increasing belonging & connection

Connect with communities that share beliefs

Volunteer

Know your values & operate from them

Engage in activities related to your beliefs or religion



CREATIVE REST

Appreciating beauty in all forms & creating

Enjoy the arts

Go to the beach, a park or hike

Cook a dish you love

Paint or build something

Listen to music & dance

Read a book or watch a movie