

Wellbeing Tip of the Week

Different Types of Rest



Have you ever woken up from what you thought was a great sleep only to still feel tired and low in energy? That's because sleep and rest are not the same thing, although many of us incorrectly confuse the two.

We go through life thinking we've rested because we've had enough sleep, but in reality, we are missing out on the other types of rest our bodies need. Have a look at the infographic below and see if you can incorporate the 7 types of rest into your weekly routine.

For more information on this, you can watch this Ted Talk (<https://www.youtube.com/watch?v=ZGNN4EPJzGk>) by Dr. Sandra Dalton-Smith.

THE 7 TYPES OF REST THAT EVERY PERSON NEEDS

This infographic is based upon the work of physician, researcher and author Sandra Daulton-Smith MD
Source: <https://ideas.ted.com/the-7-types-of-rest-that-every-person-needs/>

PHYSICAL REST



Physical rest can be either active (activities that are restorative, e.g., meditation) or passive (sleeping and napping)

MENTAL REST



Mental rests are focused on calming your mind. They help slow you down and include activities like journaling

SENSORY REST



Background noise, bright lights and computer screens can cause sensory overload. Switching off, or closing your eyes, can help prevent over stimulation

CREATIVE REST



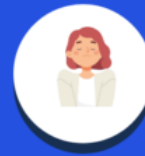
Creative rest reawakens the wonder inside us. Whether it is taking a moment to appreciate nature or turning a workspace into a creative environment, creative rest is important for solving problems

EMOTIONAL REST



Emotional rest is about feeling confident and comfortable to express yourself freely

SPIRITUAL REST



Connect to a deeper meaning and engage in activities that provide you with a sense of importance

SOCIAL REST



Build positive relationships with others and focus on engaging with people who provide you with a deep sense of connectedness

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