

The Importance of Rest

Today's well-being focus is about an interesting and often misunderstood topic of rest. This is different from sleep.

I have included a link below to an article about the 7 types of rest that are beneficial to our overall wellbeing and mental health.

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

An extract says:

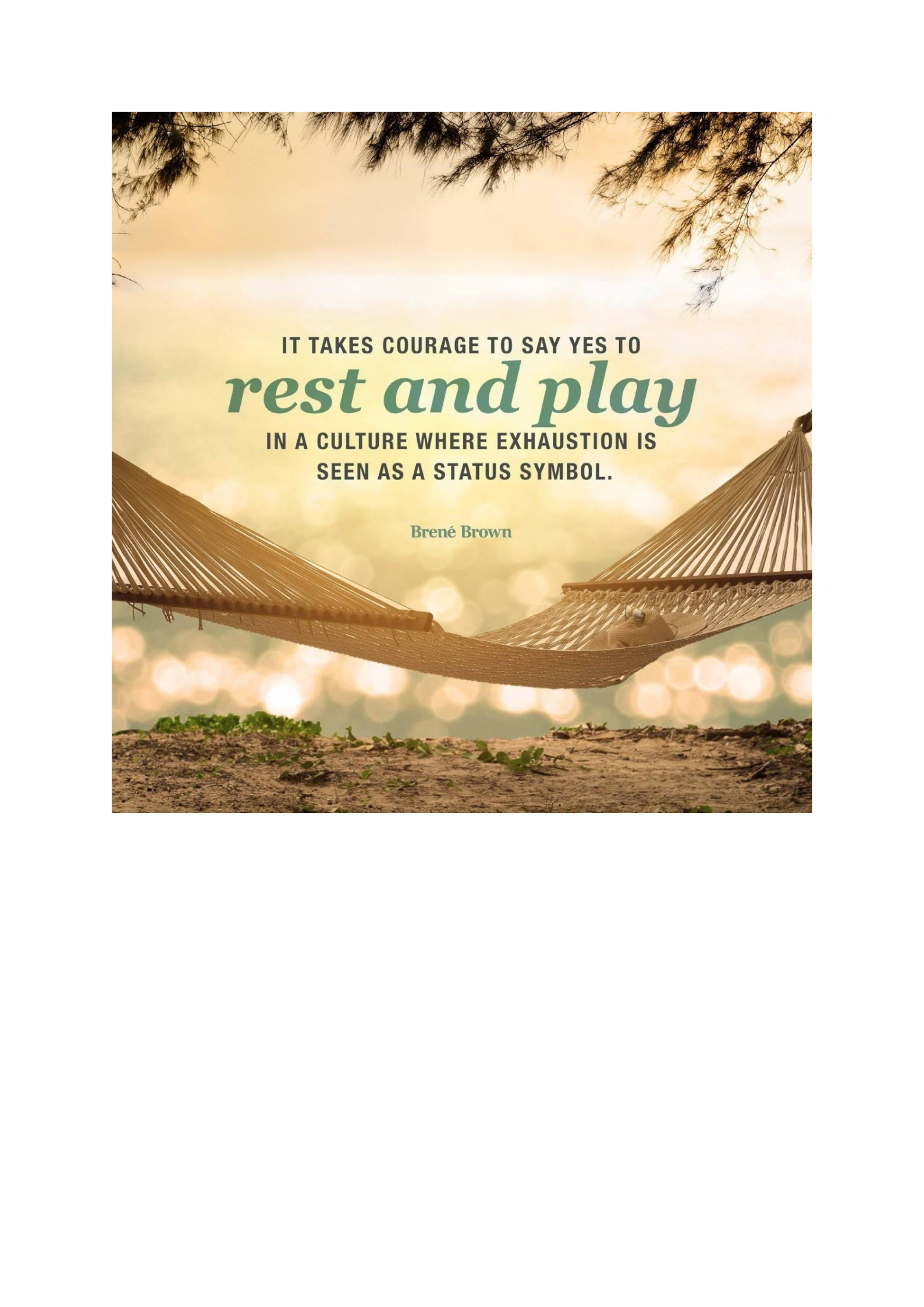
“We go through life thinking we’ve rested because we have gotten enough sleep – but in reality, we are missing out on the other types of rest we desperately need. The result is a culture of high-achieving, high-producing, chronically tired and chronically burned-out individuals. We’re suffering from a rest deficit because we don’t understand the true power of rest”

I do hope you will have a read and reflect on the different areas of rest highlighted.

As always, the Education Support Partnership has lots of supportive resources on their website and a 24/7 helpline for advice: [08000 562 561](tel:08000562561)

So look after you, because you are all you've got!

"THERE IS VIRTUE IN WORK AND THERE IS VIRTUE IN REST. USE BOTH AND OVERLOOK NEITHER." - Alan Cohen

A photograph of a hammock hanging over a beach at sunset. The hammock is made of light-colored fabric and is suspended between two points. The background is a warm, golden sunset over the ocean, with a few pine branches visible at the top. The text is centered over the image.

IT TAKES COURAGE TO SAY YES TO
rest and play
IN A CULTURE WHERE EXHAUSTION IS
SEEN AS A STATUS SYMBOL.

Brené Brown

7 TYPES OF REST YOU NEED

1

PHYSICAL

Passive rest (ex: sleeping) or active rest (ex: stretching).

2

SENSORY

Unplug from computer screens and social media.

3

EMOTIONAL

Time and space to freely express your feelings.

4

SPIRITUAL

Engage in something greater than yourself (ex: meditation or community involvement).

5

MENTAL

Schedule short breaks and keep a journal.

6

CREATIVE

Allow yourself to take in the beauty of the outdoors or nature.

7

SOCIAL

Surround yourself with positive and supportive people.



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RESTIVISM

[VERB]

learning to reclaim our capacity to rest and rebalance ourselves, as an act of resistance in a world that values high volume productivity over our wellbeing.



A black and white photograph of a person in silhouette, seen from the side, playing a guitar. The person is standing in a vast, flat desert landscape with rolling sand dunes in the background under a clear sky. The overall mood is serene and contemplative.

**SOMETIMES
THE MOST
PRODUCTIVE
THING YOU
CAN DO IS
*REST***

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#mentalhealthmatters #letyourselfrest #rechargeandrestore #wellbeingweds
#challengemyths #itsoktopause #healthyboundaries