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How to avoid burnout in 2023.

Get 7 types of rest:

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Have you ever slept 7+ hours but still felt EXHAUSTED?

Me too.

While sleeping is physical rest,

You actually need 7 types of rest to avoid burnout

(According to Dr. Sandra Dalton-Smith).

So stay at your best with these 7 types of rest:



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1. Physical Rest

Lack of sleep and overtraining deplete your body's energy.

Get two types of physical rest, passive and active:

Passive

- Sleep 7+ hrs nightly
- Take power naps (as needed)

Active

- Stretch
- Get a massage
- Use an ergonomic chair + desk



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2. Mental Rest

Mental rest deficit is caused by
overtaxing your thinking.

- Write down your to-dos
- Reference checklists (packing, groceries, etc.)
- Create a shutdown ritual to separate work and life
- Take a break from problem-solving
- Meditate



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3. Social Rest

Evaluate your relationships.

- Spend more time with people who give you energy
- Spend less time with people who steal your energy
- If you're an introvert, block out time to be alone



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4. Spiritual Rest

Be part of something bigger than yourself.

- Volunteer
- Work a job that feels purpose-driven
- Participate in faith-based activities (if aligned to your belief system)



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5. Sensory Rest

The modern individual is overstimulated.

- Take a break from social media
- Turn off notifications (sounds and visual alerts)
- Limit video meetings
- Set a relaxing evening ambiance (soothing music, candles, etc.)



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6. Emotional Rest

Emotional rest deficit occurs when you feel like you can't be authentic.

Ex: An airline attendant who must always smile, despite rude passengers.

- Spend time with people you can be authentic around
- Try speaking with a therapist to release emotional labor



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7. Creative Rest

Appreciate beauty in any form, whether natural or human-created:

Natural

- Take in a sunrise or sunset
- Go for a walk in nature

Human-created

- Visit a museum or art festival
- Engage with inspiring music, books, documentaries, etc.



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Dr. Dalton-Smith recommends starting with your 1-2 biggest rest deficits

(And not trying to eat the whole elephant at once).

Then, over time, create daily and weekly habits to get all 7.

Take her Rest Quiz to figure out where to start:



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