

7

Types of Rest

(beat exhaustion & avoid burnout)



1. Sensory Rest

When you need it:

You feel overstimulated by screens, noise, or plain old chaos.

Actionable tips:

- Turn off notifications to minimize distractions.
- Spend 10 minutes in a quiet, device-free space.
- Minimize screen time before bed to give your eyes and brain a break.

2. Physical Rest

When you need it:

You feel physically exhausted or burnt out. Your body is telling you to slow down.

Actionable tips:

- Prioritize quality sleep (at least 7 hours a night).
- Try gentle activities like yoga or stretching.
- Get a massage once in a while to soothe the body. Treat yourself! You deserve it.

3. Social Rest

When you need it:

You feel drained by constant interactions and commitments. (This is big during the holiday season).

Actionable tips:

- Say no to plans that overwhelm you.
- Spend time with people who uplift your energy.
- Take solo time to recharge socially. (I try to take one solo trip a year).

4.

Mental Rest

When you need it:

Your mind is overwhelmed by constant thinking.

Actionable tips:

- Meditate for at least 5 minutes in the morning.
- Take short breaks during the day to clear your mind.
- Write down intrusive thoughts to offload them.

5. Creative Rest

When you need it:

You feel stuck, uninspired, or out of ideas.

Actionable tips:

- Spend time in nature for fresh inspiration.
- Go to a museum, read a book, or listen to a podcast.
- Take breaks to reset your creative energy.

6. Emotional Rest

When you need it:

You feel overwhelmed by managing emotions or pleasing others.

Actionable tips:

- Journal your feelings (without judgment).
- Have meaningful conversations with someone you trust.
- Set boundaries to protect your emotional energy.

7. Spiritual Rest

When you need it:

You feel disconnected and crave deeper meaning.

Actionable tips:

- Reflect on what gives you a sense of purpose.
- Meditate & practice gratitude to stay in the present.
- Volunteer to reconnect with something bigger. (Giving back always makes me feel more purposeful.)

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