

The Secret to feeling Fully Recharged

7 Types of Rest



Ever feel exhausted even after a full night's sleep?



Stanford University
Found:

- 76% feel tired after sleeping
- Most miss these crucial rest types
- Sleep alone isn't enough

1 Physical Rest



More than just sleep!

Physical rest means relaxing your body intentionally.

Pro Tip:

- Try restorative yoga or gentle stretching daily.

2 Mental Rest



Pause overthinking and racing thoughts.

Pro Tip:

- Take short breaks daily.
- Focus on breathing or journaling.

3 Sensory Rest



Escape from screen fatigue and sensory overload.

Pro Tip:

- Try a tech detox daily.
- Use blue light filters nightly.

4 Creative Rest



Restore your sense of wonder and creativity.

Pro Tip:

- Walk in nature or visit a museum.
- Read books that spark curiosity.

5 Emotional Rest



Emotional rest is about expressing your feelings without judgment.

Pro Tip:

- Spend time journaling or talking with someone you trust.

6 Spiritual Rest



Connect with something greater than yourself.

Pro Tip:

- Reflect on what brings meaning daily.
- Integrate it into your routine.

7 Social Rest



Rebalance by spending time with people who uplift you.

Pro Tip:

- Identify relationships that recharge you and make time for them.
- Gently distance from those that don't.

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