



me
+ we

Unveiling the Spectrum of Rest: Exploring Seven Transformative Dimensions

Vaishnavi Venkata Subramanian





Kachow!
I'm Vaishnavi

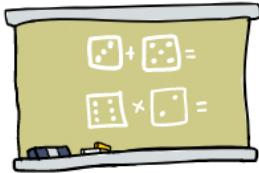
Hello,
I'm Vaishnavi



Vancouver



Things I ❤️



Teaching



Public Speaking



Visual Communication

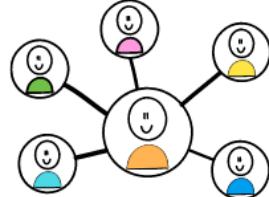
Things I do 😊



Software Engineering



Ideation



Team collaboration

How to Give Me Feedback 🌟

Direct constructive feedback provided with utmost honesty to help me grow.
Data driven and candid conversations with potential solutions for me to thrive and succeed.

Comms Preferences



Working Patterns ☀️



- 🕒 Morning Person
- 🕒 Enjoy a quiet and vibrant environment
- 🕒 Follow Pomodoro Technique 🍎

Things I struggle with 🤨



Mickey Mouse Job
#halfbaked



Yak Shaving



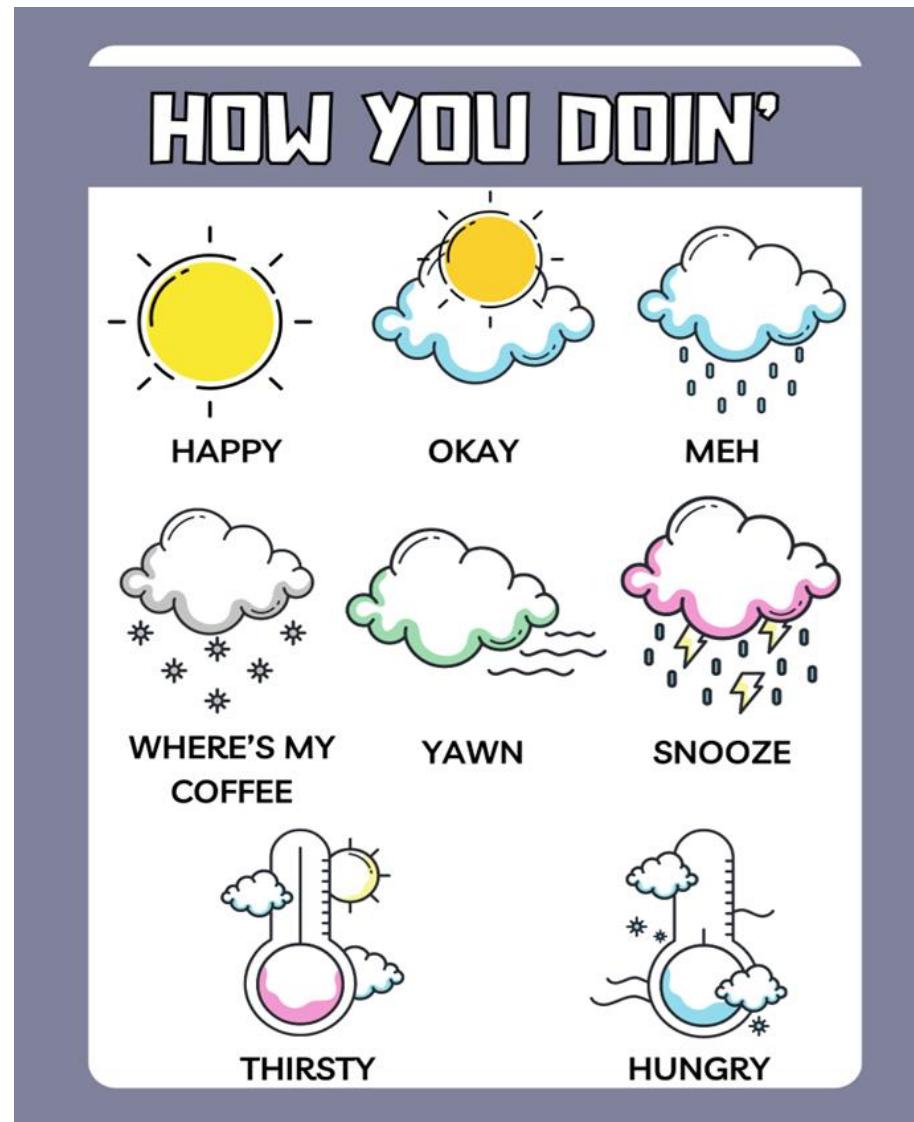
Interruptions

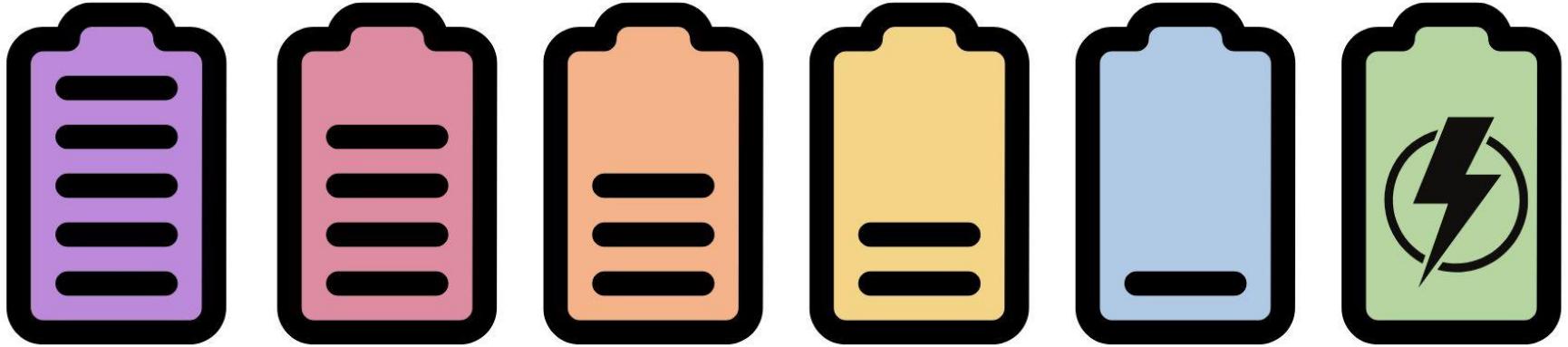
“Simple things should be simple, complex things should be possible.” - Alan Kay

P.S: No animals or disney characters were harmed in the making of this manual



Wellness Check!





Travel to event

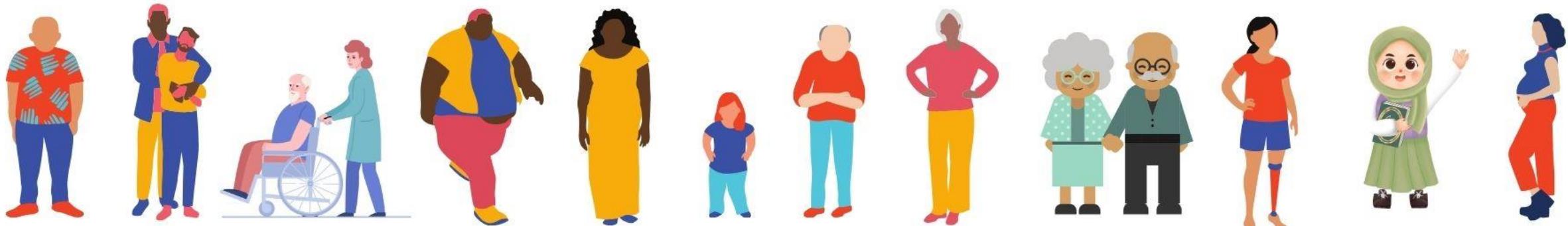
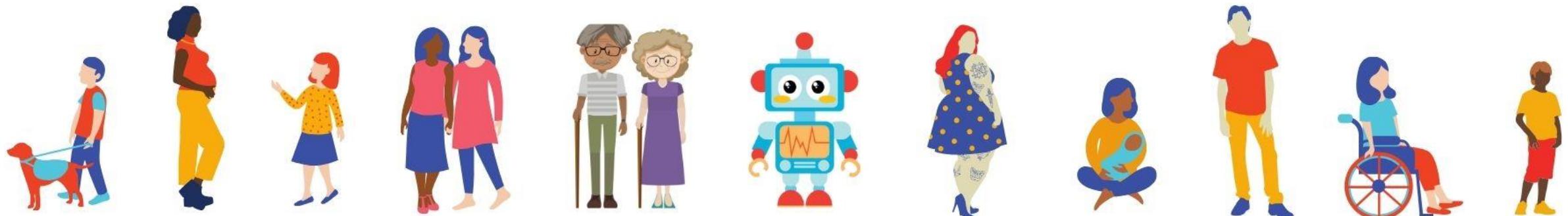
Power packed
Keynote

Tuning into
plethora of
sessions

Hours of
being out

Network and
socialize

Travel
Home

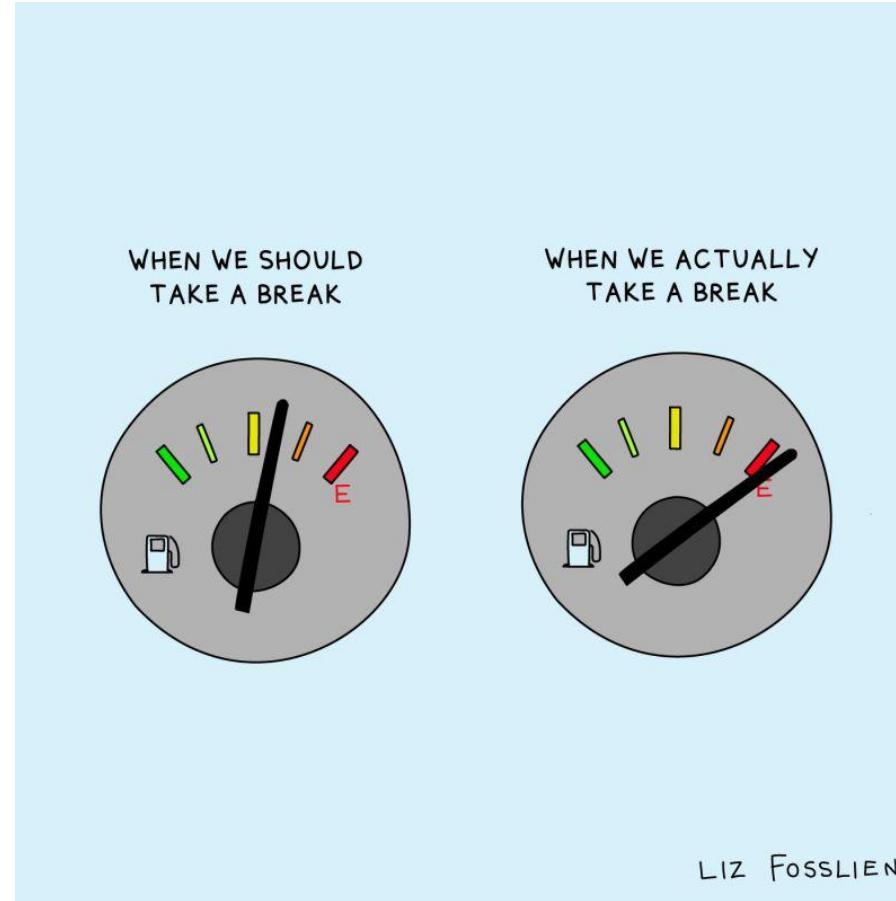


Glossophobia

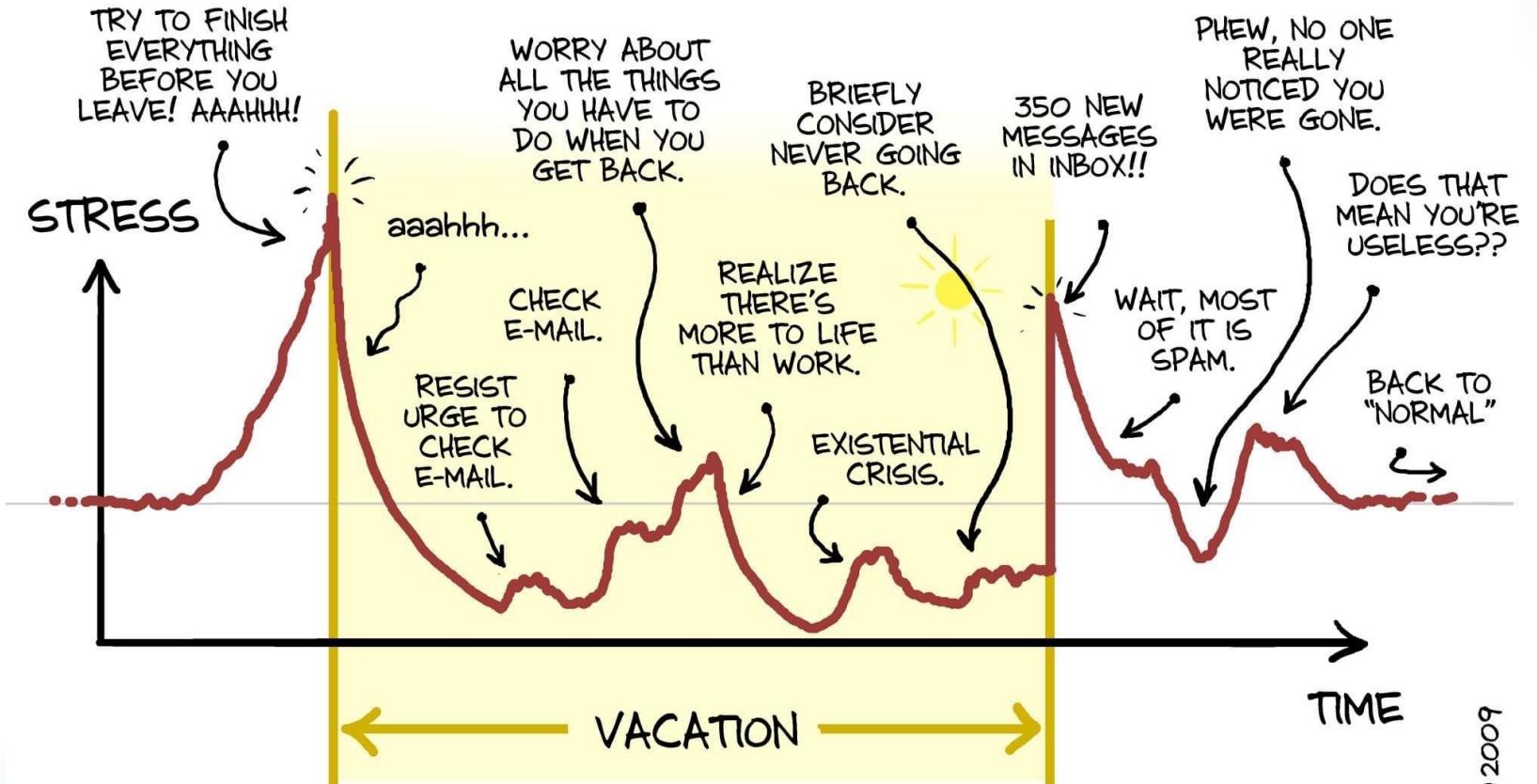




PROACTIVE OR REACTIVE



VACATION RELAXATION?



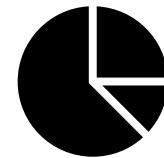
JORGE CHAM © 2009

996.ICU

- The name 996.ICU refers to "Work by '996', sick in ICU", an ironic saying among Chinese developers, which means that by following the "996" work schedule, you are risking yourself getting into the ICU (Intensive Care Unit).
- Visit : <https://github.com/996icu/996.ICU>

SLEEP ≠ REST

1/7



REST

- Underused
- Chemical Free
- Safe
- Effective
- Alternative form of therapy



7 types of Rest



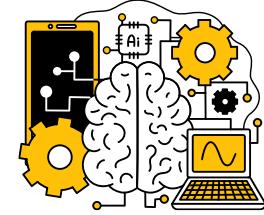
Emotional Rest



Sensory Rest



Spiritual Rest



Mental Rest



Creative Rest



Social Rest



Physical Rest

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

Physically drained



Physical Rest

Passive

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

Active

- Restorative activities
- Massage improve the body's circulation and flexibility
- Yoga, massage, using a foam roller, regular stretch breaks, adjusting workspace ergonomics

Physical Rest

- Stretching
- Taking a nap
- Getting a massage
- Taking short breaks
- Going for a walk
- When we rest physically, we give our muscles time to repair and recover, which helps us avoid injuries and reduces fatigue

Mental Rest

Mental rest deficit is caused by overtaxing your thinking
(Brain fog)

If your occupation draws primarily on your mental resources, you may find that tiredness comes in the form of loss of concentration, cynicism, irritation, apathy



Mental Rest

- Create a shutdown ritual to separate work and life
- Notepad by the bed for nagging thoughts
- Take a break from problem-solving
- Brain-breaks (Schedule them. Example : Pomodoro)
- Music, silence, journaling

Emotional Rest

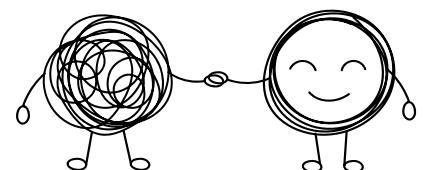
Emotional rest deficit occurs when you feel like you can't be authentic.

Compassion Fatigue



Emotional Rest

- Spend time with people you can be authentic around
- Respectfully decline
- Try speaking with a therapist to release emotional labor
- ~~People pleasing~~



Creative Rest

Important for anyone who must solve problems or brainstorm new ideas

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



Creative Rest

Natural

- Take in a sunrise or sunset
- Go for a walk in nature
- Be childlike and reawaken wonder

Human-created

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



Sensory Rest

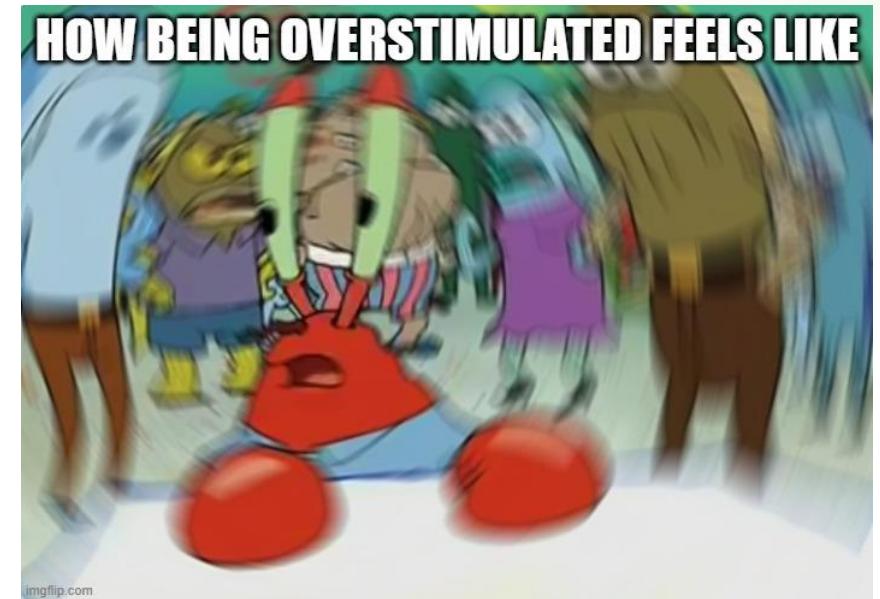
The modern individual is overstimulated.

Eye exhaustion resulting from marathon screen time sessions: digital eye strain



Sensory Rest

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



Social Rest

Evaluate your relationships!
(Revive or Exhaust?)



Social Rest

- Spend more time with people who give you energy and provide support
- Spend less time with people who steal your energy
- If you're an introvert, block out time to be alone.
- Fill your own battery



Spiritual Rest

Ability to connect beyond the physical and mental and feel a deep sense of belonging, love, acceptance and purpose

Volunteer

Work a job that feels purpose-driven

Participate in faith-based activities (if aligned to your belief system)



Incorporating the 7 Types of Rest into Your Life

Incorporating all seven types of rest into your life may seem daunting, but it is essential for your overall well-being. Here are some tips on how to incorporate these seven types of rest into your life:

- 1. Schedule it in:** Make rest a priority in your life by scheduling time for each type of rest. Just like you schedule time for work or exercise, schedule time for rest.
- 2. Be intentional:** Be intentional about the type of rest you choose and make sure it aligns with what your body and mind need.
- 3. Take breaks:** Take short breaks throughout the day to rest your body and mind. Go for a short walk, meditate, or just take a few deep breaths.
- 4. Set boundaries:** Set boundaries around your time and energy. Learn to say no when you need to, and don't be afraid to ask for help when you need it.
- 5. Disconnect:** Disconnect from technology and social media regularly to give your mind a break from constant stimulation.
- 6. Experiment:** Experiment with different types of rest and find what works for you. Everyone's needs are different, so find what brings you peace and incorporate it into your routine.
- 7. Make it a habit:** Make rest a habit in your life. Incorporate it into your daily routine and make it a part of your self-care practice.

Takeaways

REST = RESTORATION

- Dr. Dalton-Smith recommends starting with your 1-2 biggest rest deficits
- Don't try to eat the whole elephant at once
- Then, over time, create daily and weekly habits to get all 7 (habit stacking)





You have permission to rest.
You are not supposed to be
everything to everybody.
Stop pouring out into your
family, career, and
responsibilities without taking
the time to replenish yourself.
You are more valuable than that.
You deserve time to experience
the things you enjoy simply
because they make you smile.
Live like you know you are loved.

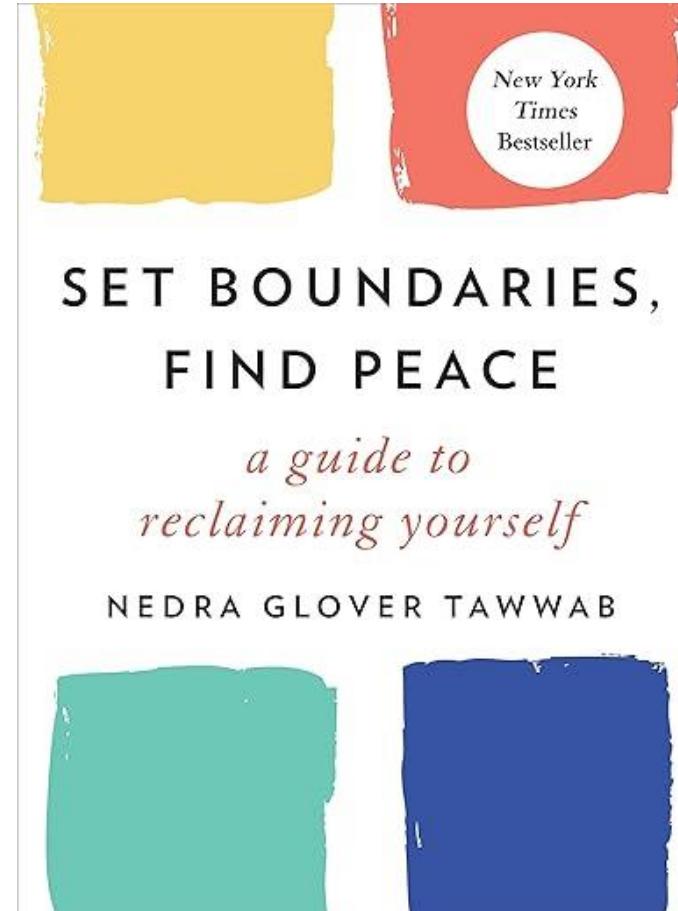
#SacredRest @DrDaltonSmith

Inspiration :Dr. Saundra Dalton-Smith
<https://www.youtube.com/watch?v=ZGNN4EPJzGk&t=6s>

Helping organizations overcome burnout, decrease employee turnover, and cultivate a well-being culture featuring her proprietary **7 Types of Rest** framework.



Set Boundaries, Find Peace: A Guide to Reclaiming Yourself







Thank you



P.S. Fatigue can also be associated with numerous health problems, please get checked out by your physician if it persists.