

7 types of rest to avoid burnout



Physical Rest



Emotional Rest



Mental Rest



Spiritual Rest



Sensory Rest



Creative Rest



Social Rest

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)

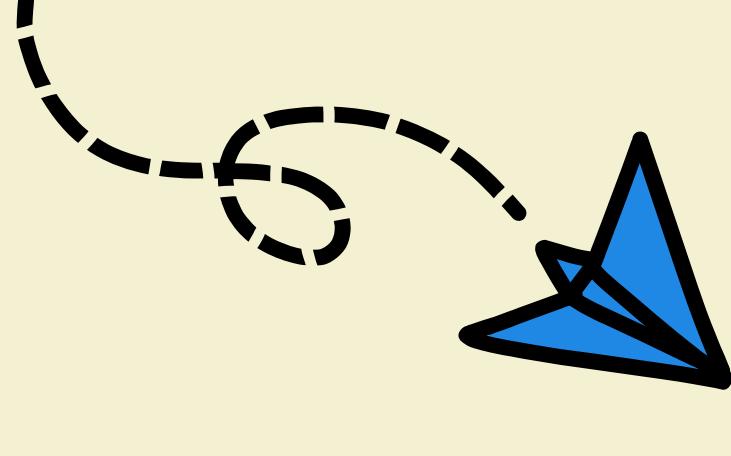


Active

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



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
 - Brain-breaks
 - Music, silence, journaling

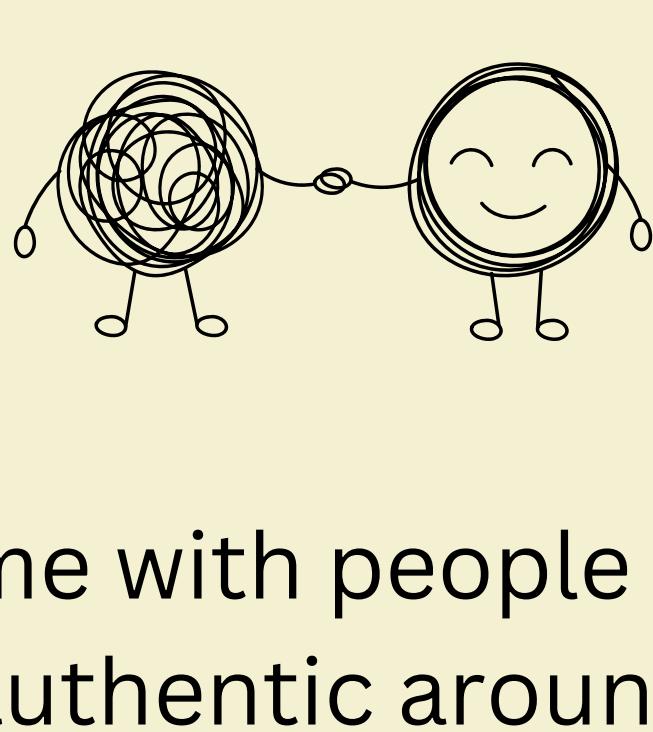


Emotional Rest



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



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

- Be childlike and reawaken wonder



Human-created

- Visit a museum or art festival

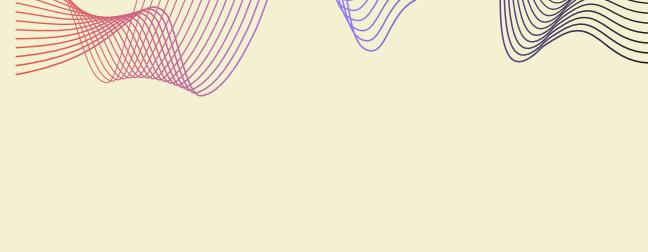
- Engage with inspiring music, books, documentaries, etc.



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.)
 - Turn down lights



Spiritual Rest



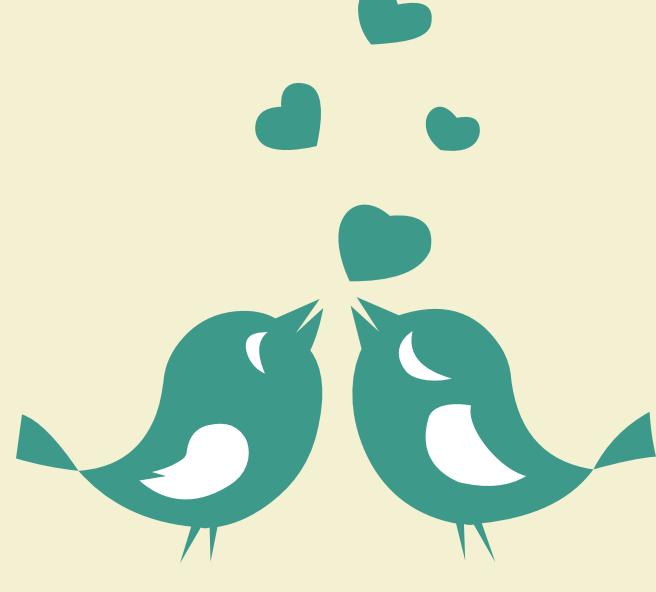
Do things that provide a meaning.
Be part of something bigger than
yourself.



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



Social Rest



Evaluate your relationships.



- 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





**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.**

Text Source :

<https://twitter.com/SystemSunday/status/1564952491179008004>

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