

# 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)

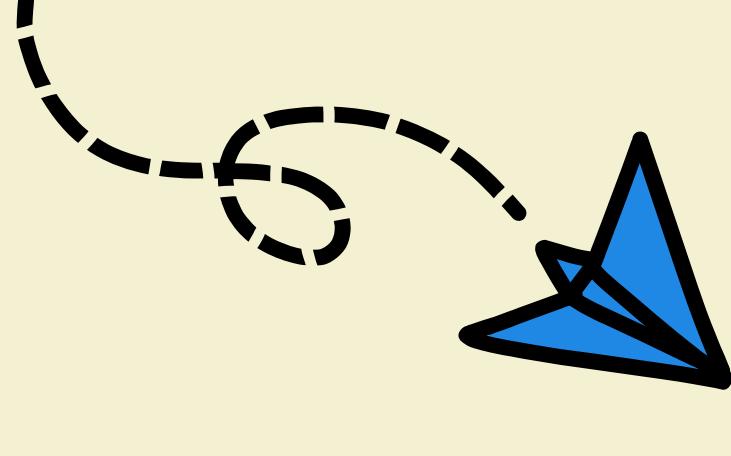


## Active

- 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

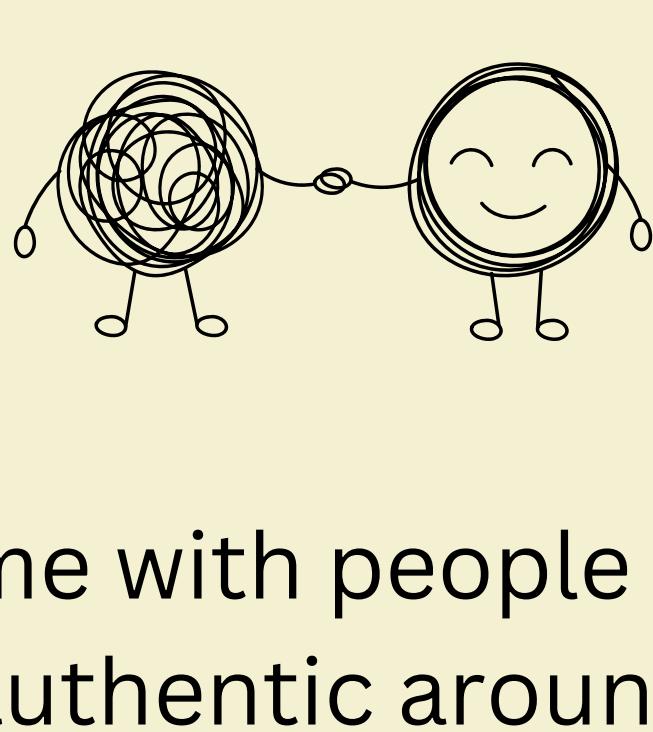


# Emotional Rest

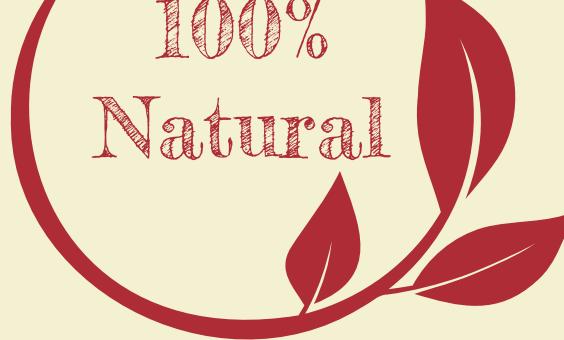


Emotional rest deficit occurs when you feel like you can't be authentic.

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

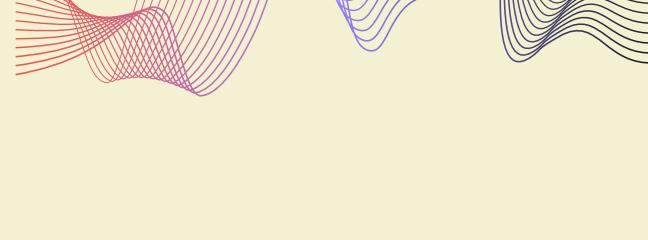
- Engage with inspiring music, books, documentaries, etc.



# 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



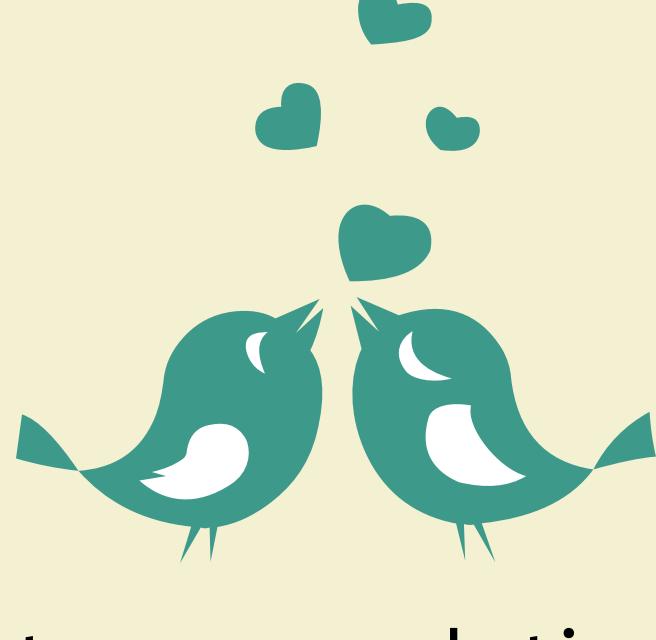
Do things that provide a meaning.  
Be part of something bigger than  
yourself.



- 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>

**By Ben Meer**

