



Unveiling the Spectrum of Rest : Exploring Seven Transformative Dimensions

A LEADER'S TALE

WEBCOMICS ABOUT LEADERSHIP

I PACKED MY BAGS...



AND WENT ON A ONE-WEEK
VACATION WITH MY FAMILY.



BUT I COULDN'T STOP
THINKING ABOUT WORK...



WHERE IS THIS SWITCH-OFF
BUTTON!?

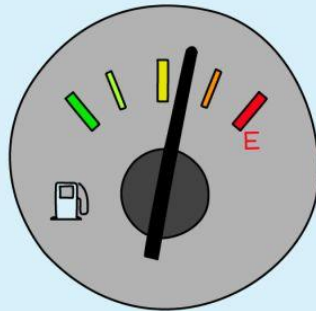


SOFT SKILLS PILLS.COM / A LEADER'S TALE

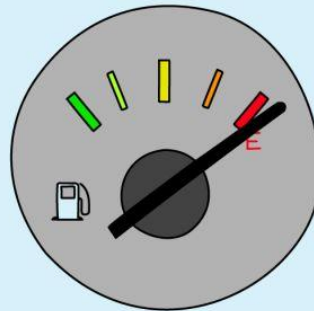
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PROACTIVE vs REACTIVE

WHEN WE SHOULD
TAKE A BREAK



WHEN WE ACTUALLY
TAKE A BREAK



LIZ FOSSLIE

Visualizing burnout.

1,857 contributions in 2016



1,673 contributions in 2017



1,224 contributions in 2018



287 contributions in the last year



EXPECTATIONS vs REALITY

The way people think it looks:

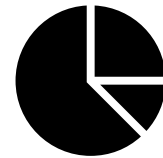


How it can also look:



SLEEP \neq REST

1/7



REST

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





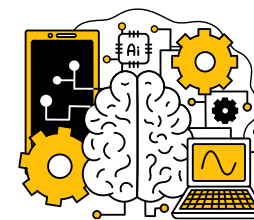
7 types of Rest



Physical Rest



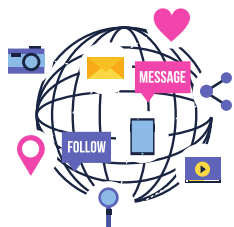
Emotional Rest



Mental Rest



Spiritual Rest



Sensory Rest



Creative Rest



Social Rest



Physical Rest



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

Passive

Sleep 7+ hrs. nightly

Take power naps (as needed)



Active

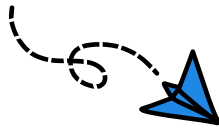
Restorative activities



Massage improve the body's circulation and flexibility

Mental Rest

Mental rest deficit is caused by overtaxing your thinking.



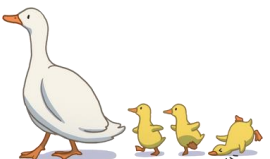
Create a shutdown ritual to separate work and life

Notepad by the bed for nagging thoughts

Take a break from problem-solving

Brain-breaks (Schedule them. Use Pomodoro)

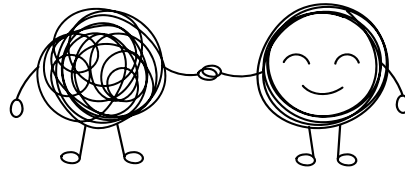
Music, silence, journaling



Emotional Rest



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



Spend time with people you can be authentic around

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.

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.

Take a break from social media



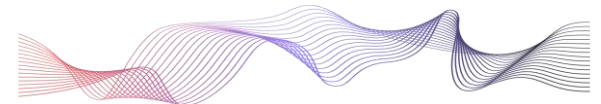
Turn off notifications (sounds and visual alerts)

Limit video meetings

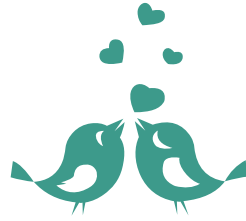
Set a relaxing evening ambiance (soothing music, candles)

Turn down lights

Digital Detox



Social Rest



Evaluate your relationships! (Revive or Exhaust?)



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



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)

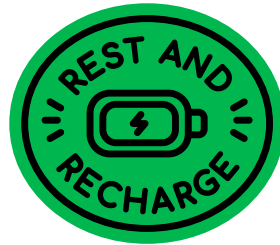


Takeaways



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)



Inspiration :Dr. Sandra 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.

if you get tired,
learn to rest,
not to quit.

+ Banksy



IKIGAI

"A reason for being"



Thank you 🦋

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



QUESTIONS?



