

7 Types of Rest

If you're feeling exhausted, whether physically or mentally, you're first instinct might be that you need more sleep, or that you need a lazy day in bed. While it may be true that you aren't sleeping enough; sleeping or bed rotting isn't always the best way to rest. You may be in need of another type of rest to recover your energy. In *Sacred Rest* by Dr. Sandra Dalton-Smith, she reveals the 7 types of rest that fulfill different needs, why rest is essential to our lives and how it can transform your life.

Let's take a look at the 7 Types of Rest according to Dr. Sandra Dalton-Smith, and how to fulfill each one:



Physical - If your body feels tired

You might need to sleep or take a nap, but you can also practice restorative activities like yoga, stretching or getting a massage.



Mental - If you're irritable and having trouble focusing

Schedule short breaks throughout your day, keep a notepad nearby to brain dump, take a walk to clear your mind, practice mindfulness.



Spiritual - If you're feeling alone or lost

You may need to connect with something greater than yourself. Whether it's prayer, meditation or community - reflecting on your purpose and values can help to connect you with meaning so you can find your way back to a path.



Emotional - If you're feeling compassion fatigue

Be honest, say no and set boundaries when you feel like you are at your emotional capacity.



Sensory - If you're feeling overwhelmed

Unplug, turn off your computer, close your eyes for a few minutes, step away to somewhere quiet.



Social - If you're feeling unfulfilled by your relationships

Connect with positive and supportive people and be fully present while you're with them. Set boundaries with people that drain your energy and spirit.



Creative - If you're out of ideas

Get outside, explore a beautiful place or take a stroll through an art museum. Hang art on your walls at home or in your office. Peruse Google Arts and Culture online if you don't have any museums nearby.

Brainstorm ways you can or do fulfill each category of Rest:

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Spiritual - If you're feeling alone or lost

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Creative - If you're out of ideas
