**Rest is Necessary**

What is rest?

*verb*

cease work or movement in order to relax, refresh oneself, or recover strength.

*noun*

an instance or period of relaxing or ceasing to engage in strenuous or stressful activity.

Why is rest necessary?

**Physical Recovery:**

Rest allows your muscles to repair and grow stronger after exercise or physical activity. It also helps to reduce inflammation and improve overall physical well-being.

**Mental and Emotional Well-being:**

Rest helps to reduce stress, improve mood, and enhance cognitive function. It also allows you to recharge and be more resilient to stress and challenges.

**Improved Immune Function:**

Rest allows your body to focus on fighting off infections and strengthening your immune system.

**Regulating Hormones:**

Rest helps to regulate hormones that play a role in sleep, stress, and overall health.

**Improved Focus and Concentration:**

A rested mind is better able to focus, concentrate, and make sound decisions.

**Enhanced Creativity and Productivity:**

Contrary to the belief that constant activity equals success, studies show that rest can actually boost productivity and creativity.

**Reduced Risk of Chronic Diseases:**

Adequate rest has been linked to a reduced risk of chronic diseases like heart disease and diabetes.

**Improved Sleep:**

Rest is also beneficial for regulating sleep cycles and improving sleep quality.

7 Types of rest

1. Physical
	1. taking a break from the physical activities that we do all day
2. Mental
	1. taking a break from the constant mental stimulation that we face every day
3. Emotional
	1. taking a break from the emotional demands that we face every day
4. Sensory
	1. taking a break from the constant sensory input that we face every day.
5. Creative
	1. taking a break from the constant creative demands that we face every day.
6. Social
	1. taking a break from the social interactions that we face every day.
7. Spiritual
	1. taking a break from the spiritual demands that we face every day.

<https://mindfulhealthsolutions.com/embrace-these-7-types-of-rest/>

How are you currently resting?

What can you do to ensure you get adequate and proper rest?

3 ways to get...

Physical Rest

1.
2.
3.

Mental Rest

1.
2.
3.

Emotional Rest

1.
2.
3.

Social Rest

1.
2.

Creative Rest

1.
2.

Sensory Rest

1.
2.

Spiritual Rest

1.
2.

**Yoga Nidra**

<https://www.youtube.com/watch?v=zcJ9vbzPdI8>

Yoga nidra, a guided meditation practice, offers a range of benefits including improved sleep, reduced stress and anxiety, and enhanced mental clarity. It can also help manage chronic pain, lower blood pressure, and even improve athletic performance [according to the Sleep Foundation](https://www.sleepfoundation.org/meditation-for-sleep/yoga-nidra)