



Type of Rest	Definition	Signs you may need more of this rest	Some suggestions to help support this type of rest
Physical	Needed when the body is tired and needs some time to recover.	Busy lifestyle or busy job Lacking physical energy Experience muscle soreness and weak immune system	Sleep/Napping Stretching Breathing exercises Gentle walks Relaxing baths Massage
Mental	Allows space to declutter and calm the mind, slowing the pace	Mind racing, struggling with sleep Struggling to stay present and focused on one thing Easily irritated or frustrated Making lots of mistakes	Mindfulness and meditation Creating a safe space to switch off Getting lost in an easy to watch programme or easy to read book
Emotional	Needed to give us space to check in with ourselves and rest from situations where we are holding the space for others	Working in a role with highly charged emotional spaces Increase in negative emotions – fear, anxiety, depression Focusing on negatives	Learn what refreshes you Check in with your emotions regularly throughout the day Become aware of what affects Increase self care Seek connection
Spiritual	A personal sanctuary. Where we check in and reclaim a sense of peace	Craving safety and stability Experiencing emotions of helpless, numb or apathetic Disconnected from our beliefs	Meditation Journaling Prayer Explore what is troubling you
Creative	Allows space for us to explore beauty and wonder	A job that requires a lot of creative thinking Struggle to see your needs or self-care as priority Rarely feel like your work is of value Find it difficult to enjoy things of nature	Giving space for our natural response to being creative Art Music Nature Craft Dance
Sensory	Reducing over-stimulation of sense we often experience	Sensory overload Strained vision/tired eyes	Unplug from technology at times 5 senses meditation – focus on one sense and tune out the others



		Adverse reaction to loud sounds, bright lights Struggle with strong sensory experiences – fireworks, concerts, loud workplace	Identify your main sensory stressor and spend time away from it
Social	Reconnects us to people we love and gives time for rewarding relationships	A sense of social overload Feeling detached and lonely Struggle with face to face communication Craving time of being alone	Invest in the people who refresh and revive you Seek connection where can be fully accepted