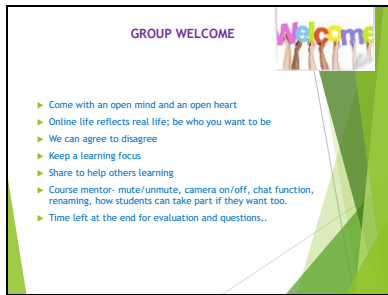


Slide 1



Slide 2



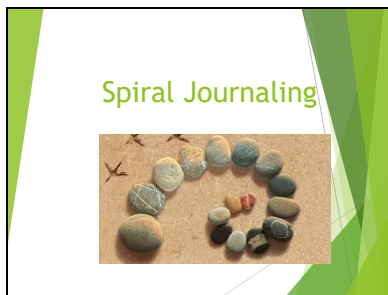
Slide 3



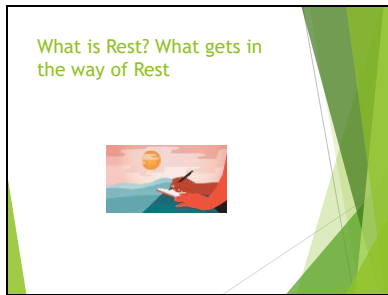
Slide 4



Slide 5



Slide 6



Slide 7

Introduce the 7 types of rest

Type of Rest	Characteristics
Physical	Needed when the body is tired and needs some time to recover.
Mental	Allows space to declutter and calm the mind, slowing the pace.
Emotional	Needed to give all space to check in with ourselves and rest from situations where we are holding the space for others.
Spiritual	A personal sanctuary. Where we check in and reclaim a sense of peace.
Creative	Allows space for us to explore beauty and wonder.
Sensory	Reducing over-stimulation of senses we often experience.
Social	Reconnects us to people we love and gives time for meaningful relationships.

Slide 8

One/Three Minute Breathing Space

3 Step Breathing Space

- Pausing tasks
- Focusing on breathing
- Reconnecting to the present

The graphic also includes an illustration of an hourglass, a person standing next to a red STOP sign, and a list of steps: Pausing tasks, Focusing on breathing, and Reconnecting to the present.


Slide 9

time for a break

The slide features a decorative border of various leaves and flowers in shades of green, yellow, and orange. The text 'time for a break' is written in a cursive font on a light yellow background.

Slide 10

What are people's initial thoughts on the 7 types of rest?



"If you're waking up (after sleeping) and still exhausted, the issue probably isn't sleep. It's likely a rest deficit."
- Sandra Dalton-Smith, M.D.

Slide 11


Start to think about our own rhythms



7 Seven Types of Rest

Slide 12

HABIT FORMING




Use the **21/90** Rule:
It takes 21 days to create a habit,
90 days to create a lifestyle.

Slide 13

Here are some useful recourses if you would like to find out more

► Ted Talk by Dr Sandra Dalton - Smith
<https://ideas.ted.com/the-7-types-of-rest-that-every-person-needs/>



The slide features a green geometric background on the right side. It contains text about recourses and two book covers: 'The Art of Rest' by Chanda Hazzard and 'Sacred Rest' by David S. White.

Slide 14

Have we met our aims of the session?

- To have been introduced to the 7 types of Rest
- To consider where you are right now with Rest
- To think about your relationship with rest moving forward
- Reflect upon your rhythms

Slide 15

Reflections of the session

► Any Questions?



The slide features a green geometric background on the right side. It contains text about reflections and a question, along with an image of a hand pointing to a row of five smiley faces, where the first face is lit up.

Slide 16

