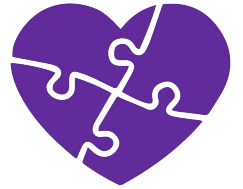


Impact of Rest on Our Wellness

8 DIMENSIONS OF WELLNESS



Read about the BCCS [Eight Dimensions of Wellness](#) & [complete this worksheet](#).

Rest & Social Justice



The Nap Ministry

**The systems make us hard.
Rest keeps us tender. There is
power in our collective rest and
care.**

Let us rest and resist together.

Rest & Social Justice



- “Rest is not a privilege. Rest is a ... human right.”
 - Tricia Hersey, The Nap Ministry
- Rest is an act of centring one’s wellbeing. It is a *radical intentional* act of ensuring our physical, mental, spiritual, and emotional wellness.

Rest On The Brain



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The opposite of rest isn't
work. It's burnout.

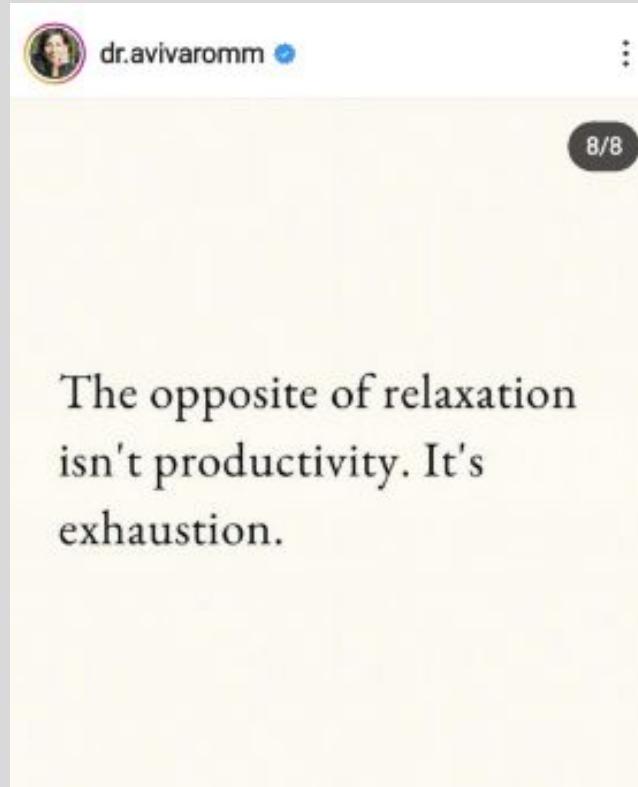
Nicola Jane Hobbs

Rest On The Brain



- Supports memory functions and increases creativity
- “Replenishes” the brain, in order to be able to take in more information and supports problem solving functions
- Maintains concentration levels
- Supports attention
- Shifts brain states

Rest & The Body

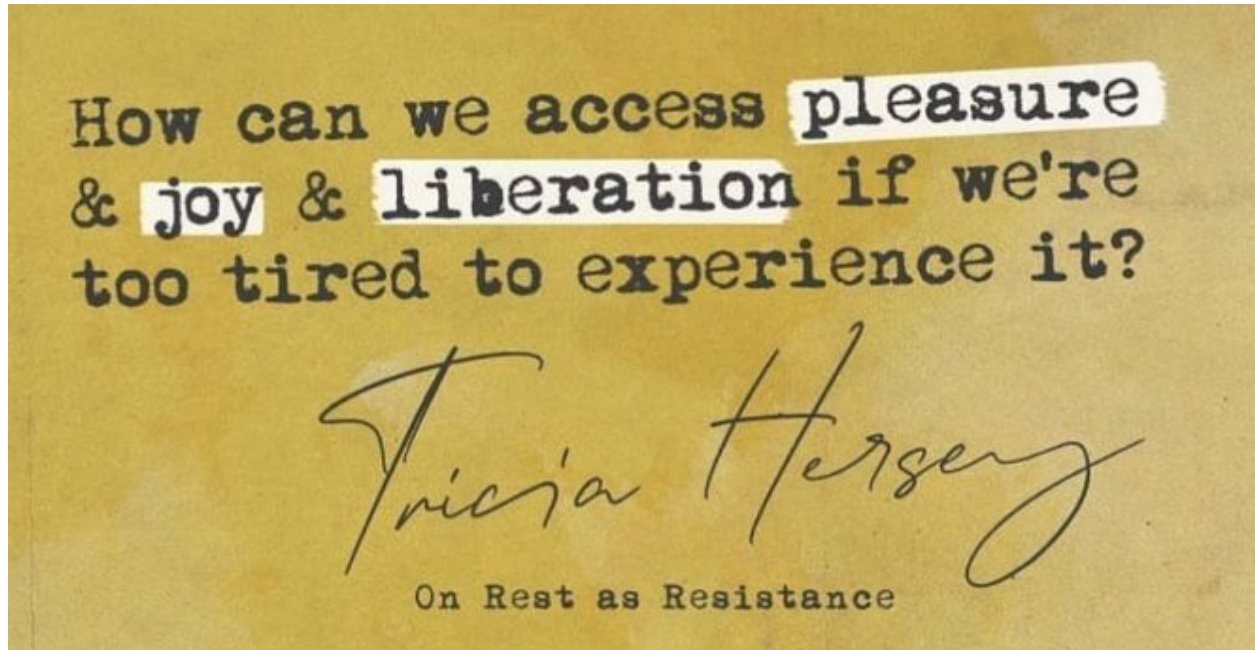
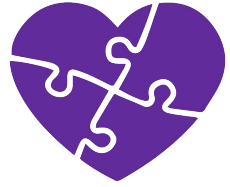


Rest & The Body

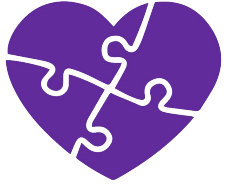


- Immune function (gut-brain connection)
- Balanced hormones
- Fewer injuries
- Cardiovascular health
- Tissue repair - muscles, brain, organs
- 33% of BCCS 5th, 8th & 9th grade students self-report that they get six hours or less of sleep per night. (2022 MN Student Survey)

Rest On Mental Health & Mood



Rest On Mental Health & Mood



- Mental Health → Sleep; Sleep → Mental Health
- Being well rested:
 - Reduces stress
 - Supports positive interpersonal relationships
 - Improves or sustains mood
 - Increases or sustains energy

Rest More

- [Seven Types of Rest](#)
 - 10-min. Ted Talk
- [Active Rest](#)
 - Video demos
- [Passive Rest](#)
 - 5-min. video
- [Sleep](#)
 - Numbers 7, 8 & 9
- [Breaks](#)
 - 1-min. video



dr.avivaromm 



The opposite of busyness
isn't laziness. It's meaningful
work.

Rest For The Moment















We are constantly told to go harder, grind more, boss up, push through, fake it till you make it and sleep when you are dead. I'm wondering where we can find tenderness, softness, alignment and rest. Aren't you tired?

—
The Nap Ministry
@thenapministry

Awareness & Assessment:

- What is the energy level? Of the group? For me?
- What are the quality & quantity of my thoughts? Do I feel like my brain is functioning effectively?
- How do I feel? What sensations are in my body and what are they trying to tell me?
- What are my emotions? Am I able to respond to them as I'd like?

Try It Now:

Focus: Restore Breaks	Before	After
Sun: _____		
Mon: _____		
Tue: _____		
Wed: _____		
Thu: _____		
Fri: _____		
Sat: _____		

- [Rest & Restore Campaign](#)
 - Invite someone to take a break with you or enjoy some alone time.
 - Staff paid self-care time per month
 - Staff Wellness Care Kits
- Staff Serenity Spaces; Student Sensory or Purple Rooms
- Follow [Tricia Hersey](#) (The Nap Ministry), [Octavia Raheem](#) (*Pause, Rest, Be*), etc.
- Trauma Sensitive Mindful Movement
 - Staff training (Apr. & May); student cohort (Mar. 3)
- Explore opportunities to rest: systems & schedules; amplify autonomy

Trauma Sensitive Mindful Movement

Student cohort session
March 3

Register Here:



ARTS ENGINEERING MAT
CHNOLOGY SCIENCE EAR
ENGINEERING MATH SCI
NCE MATH ARTS TECHN
ARTS SCIENCE ARTS MA

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February 10, 2023

