

WELLNESS AT HOME, WORK, & BEYOND



REST BEYOND SLEEP - ARE YOU RESTING THE WAY YOU NEED?

When most people think about rest, they think about sleep. While sleep is essential, it's only one piece of the recovery puzzle. Have you ever slept eight hours and still felt exhausted, unmotivated, or mentally drained? That may be because you're missing a different type of rest.

WHAT IS REST?

Rest is not simply the absence of work. It is the intentional restoration of energy in areas of your life that have been overused or neglected.

Understanding what type of rest you need can help you feel more refreshed, focused, and balanced throughout the day.

THE SEVEN TYPES OF REST

Physical Rest

Physical rest helps the body recover from physical activity, tension, and fatigue. This can include quality sleep, stretching, gentle movement, massage, or simply taking time to sit and relax.

Mental Rest

If your mind feels cluttered, forgetful, or overwhelmed, you may need mental rest. Short breaks, mindfulness, deep breathing, and stepping away from constant tasks can help clear mental fatigue.

Sensory Rest

Bright screens, notifications, noise, and constant activity can overwhelm your senses. Sensory rest may look like turning off electronics, reducing background noise, or spending a few quiet moments in a calm environment.

Emotional Rest

Emotional rest comes from allowing yourself to express feelings honestly instead of constantly holding them in. Talking with a trusted friend, journaling, or setting healthy boundaries can support emotional recovery.

Social Rest

Not all social interactions restore energy. Social rest means spending time with people who make you feel supported and understood while creating distance from relationships that leave you feeling drained.



Creative Rest

Creative rest allows you to reconnect with inspiration and wonder. Spending time in nature, listening to music, visiting a museum, or appreciating beauty around you can help restore creative energy.

Spiritual Rest

Spiritual rest involves feeling connected to something greater than yourself. This may come through faith, meditation, volunteering, reflection, or spending time focusing on your personal values and purpose.



FIND THE REST YOU'RE MISSING

Sometimes the hardest part of recovery is identifying what kind of rest you actually need.

Ask yourself:

- When do I feel most drained?
- What activities leave me feeling energized?
- Am I physically tired, or emotionally and mentally exhausted?
- What part of my life feels overextended right now?

The answers can help reveal which type of rest deserves your attention. Instead of focusing solely on getting more sleep, consider how you can intentionally restore the areas of life that are asking for recovery.

Highlight of the month

REST RESET MINI CHALLENGE

This month, challenge yourself to identify and practice the type of rest you need most.

Check in with yourself

Take a few minutes to reflect on your energy levels and identify which type of rest feels most lacking right now.

Schedule one rest activity

Choose one simple activity that supports that type of rest and add it to your calendar this week.

Create a daily pause

Set aside 5–10 minutes each day to disconnect, reset, and recharge without distractions.

Notice the difference

Pay attention to how your mood, energy, focus, and stress levels change when you prioritize the right kind of rest.

HEALTH COACHING



Schedule your coaching appointment today by emailing **Coach Bre** at BreanneM@solavieve.com