

Weekly Wisdom

Grow the Green for You and Your Team



“True rest actually goes beyond catching those extra hours of shut eye.”

-- Dr. Sandra Dalton-Smith

Seven Types of Rest

Do you sometimes feel tired, even though you've gotten a decent night's sleep? We tend to think of rest as simply getting good sleep. (And yes - good sleep hygiene is critical!)

But there are 6 *other* forms of rest that we should incorporate into our lives.

“By embracing [all forms of] rest, we're avoiding the harmful effects of burnout, and we're actively enhancing our ability to think clearly, manage emotions, and enjoy life.”

Physical rest also includes lying down, relaxing muscles, and gentle movement.

Mental rest includes meditation, taking short breaks, and doing hobbies.

Emotional rest means feeling and expressing emotions and stepping away from draining situations.

Sensory rest includes embracing quiet, dimming lights, and enjoying nature.

For **creative rest**, engage with beauty.

Social rest involves hanging with supportive folks and avoiding the toxic ones.

Spiritual rest can be achieved by connecting to something greater than yourself.