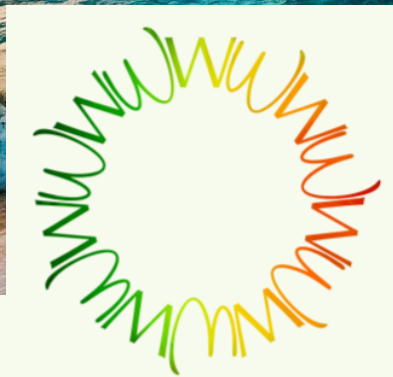




# Weekly Wisdom

*Grow the Green for You and Your Team*



*"Almost everything will work again if you unplug it for a few minutes, including yourself." -- Anne Lamott*

## So Tired? Seven Kinds of Rest

Just because you get 8 hours of sleep doesn't necessarily mean you're well rested.

There are 7 kinds of rest, each important in restoring our energy and wellbeing.

**Physical rest.** This can include sleep, naps, yoga, stretching, and massage.

**Mental rest.** Take short breaks throughout the day.

**Sensory rest.** Take a break from computer screens, chatter, and background noise by closing your eyes, stepping away.

**Creative rest.** Replenish your ability to solve problems by being in nature.

**Emotional rest** requires having time & space to be authentic.

Find **social rest** by spending time with people who fill your cup.

**Spiritual rest** connects us with a deep sense of belonging, love, and purpose.