

## How to Incorporate Rest & Recovery Into Your Life

### 1. Start Small & Build Up

Introduce small moments of rest into your day. Even five minutes of quiet time or a brief walk can bring benefits.

### 2. Experiment to Find What Works

Everyone's rest needs are unique. So explore different activities to see what feels most rejuvenating for you.

### 3. Be Intentional About Your Rest

Pay attention to what kind of rest you need at different times.

### 4. Schedule Time for Rest

Just as you schedule work meetings, make time for rest in your calendar.

### 5. Focus on the Benefits

Whether to improve mental clarity, energy levels, or reduce stress, keep the benefits of rest in mind to motivate you.

### 6. Combine Different Types of Rest

Combine different types of rest to gain multiple benefits. For example, a quiet walk in nature can provide physical, sensory, and spiritual rest.

### 7. Set Boundaries

Learn to say no to activities that threaten to take away from your rest time. Setting boundaries is essential to ensure you get the rest you need.

### 8. Be OK Adjusting Your Approach

As your life changes, so will your rest needs. Be open to adjusting your rest practices as your circumstances evolve.

### 9. Share Your Rest Practices

Encourage friends and family to prioritize rest, too. Share your experiences and create a more restful community for you.

## UNDERSTANDING THE 7 TYPES OF REST

### 1. Physical Rest

High-quality sleep and exercise

### 2. Mental Rest

Taking consistent breaks to calm down

### 3. Sensory Rest

Reducing the sensory overload

### 4. Social Rest

Building positive relationships with people

### 5. Spiritual Rest

Finding your purpose and belonging

### 6. Physical Rest

Opening up about your emotions

### 7. Creative Rest

Using different sources to inspire creativity