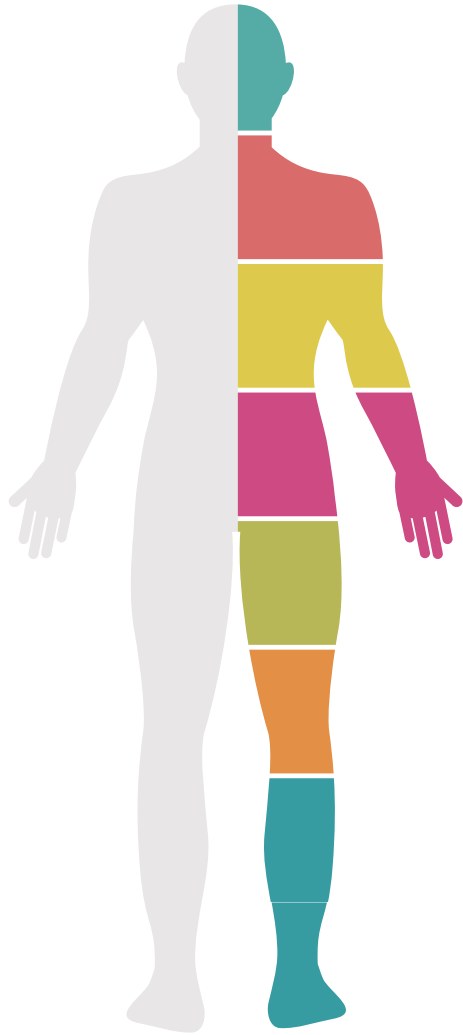


Types of rest

7 TYPES OF REST



- MENTAL
- SOCIAL
- SENSORIC
- CONTROL
- CREATIVE
- SPIRITUAL
- PHYSICAL

ENERGY RESOURCES

What requires the most energy from you during the day?

● **MENTAL**

Mental rest activities are things that make you regain some space in your head, such as:

- Do a body scan
- Insert a mulling session
- Sit somewhere quiet where you can stare
- Write down your thoughts on a piece of paper
- Practice mindfulness

● **SOCIAL**

Social rest activities are times when you rest together with other people close to you, by:

- Go for a walk with a friend/colleague
- Meet face-to-face with friends
- Call someone you haven't heard from in a long time
- Keep chatting with the neighbour a little longer
- Consider volunteering

● **SENSORIC**

In sensory rest activities, you try as much as possible to external stimuli, by:

- Close your eyes
- Put on a *noise-cancelling* headphone
- Get out in nature
- Do some fasting
- Sit somewhere quiet where you can just stare

● **CONTROL**

Sometimes you can calm your mind by creating order through control rest activities, such as:

- Clear your desk
- Organise your apps on your phone
- Clear your mailbox
- Organise the kitchen cupboards
- File your papers in folders

● **CREATIVE**

Creative rest activities are activities where you concentrate without a specific outcome in mind, such as:

- Drawing, painting, ...
- Be inspired by art
- Try out new recipes
- Plan a theme party
- Decorate your desk

● **SPIRITUAL**

Spiritual rest activities are about taking distance from yourself. It is about activities where, for example, you:

- Think about what makes you happy
- Pay it forward by doing something for someone
- Read the work of great philosophers
- Think about what you think is important

● **PHYSICAL**

Physical rest activities are times when you move around as much as possible, by:

- Go for a walk
- Try a new sport
- Stretch
- Take the stairs
- Set yourself an athletic goal

TOP 3

Write down 3 things here that you will work on.

Empty box for writing down 3 things to work on.

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