

Seven types of rest



Feeling consistently tired after a good night's sleep may indicate that your lack of energy is not due to poor sleep – it is due to inadequate rest. Many people do not understand the importance of rest, which leads to a culture of exhausted and over-worked people, inching on burnout day-by-day. Rather than associating 'rest' with 'sleep', it can be better understood when associated with 'restoration'. Here are seven types of rest:

1. **Physical rest:** One sign that you may not be getting enough physical rest is consistent aches or swelling. Incorporate stretching, massage therapy, or yoga in your fitness routine to give your body a break, and improve circulation and flexibility.
2. **Mental rest:** Mental exhaustion manifests as forgetfulness, irritability, and that 'scatter-brain' feeling when you can't seem to quiet your thoughts. Take breaks to intentionally disconnect from your work. Try to physically leave your desk and go for a short walk or engage in a leisurely activity.
3. **Sensory rest:** Constantly feeling restless and uncomfortable could be a sign of sensory overload. Screen time, rapid conversations, and bright office lights can cause many people to feel overwhelmed. If you think you may be feeling sensory overload, take time to shut your eyes in a quiet area and focus on your breathing.
4. **Creative rest:** If you are faced with writers-block, or are stuck in a creative rut, you may be lacking creative rest. Coming up with new ideas, brainstorming, and solving problems can be tiring, so it may help to let your brain appreciate other things that instill awe. Try decorating your workspace with images of art or nature that you love.
5. **Social rest:** One sign of insufficient social rest is feeling alone despite being surrounded by people. Identify relationships that revive you and those that exhaust you, then shift your focus to engage more with people that you find positive and supportive.
6. **Emotional rest:** Emotional exhaustion may present as feelings of being unheard or unappreciated by those around you, causing irritability. Take the time to acknowledge your emotions and try to share them with others, rather than holding them inside. This form of rest is difficult, especially if you are a people-pleaser by nature, as it requires you to be truthful when speaking about hard topics that are sometimes repressed.
7. **Spiritual rest:** Someone lacking spiritual rest may not feel like what they do everyday matters. Finding a strong community, giving back to others, practicing gratitude, and getting in touch with your own beliefs (whether through a faith-based culture or not) can help you find spiritual rest.

An ongoing lack of energy may be your body telling you that you are in rest deficit. Try to focus on what aspect of your life feels draining and practice getting the right type of rest to fill up your cup.