

# The power of rest



As the year draws to a close, many of take the time away from work to enjoy the festive season. This time is filled with holidays, celebrations, food and joy. Rest and recharge are important parts of our wellbeing. It allows us to replenish ourselves so we can continue living our daily lives well.

This month let us look at the different types of rest we can take.



## Physical

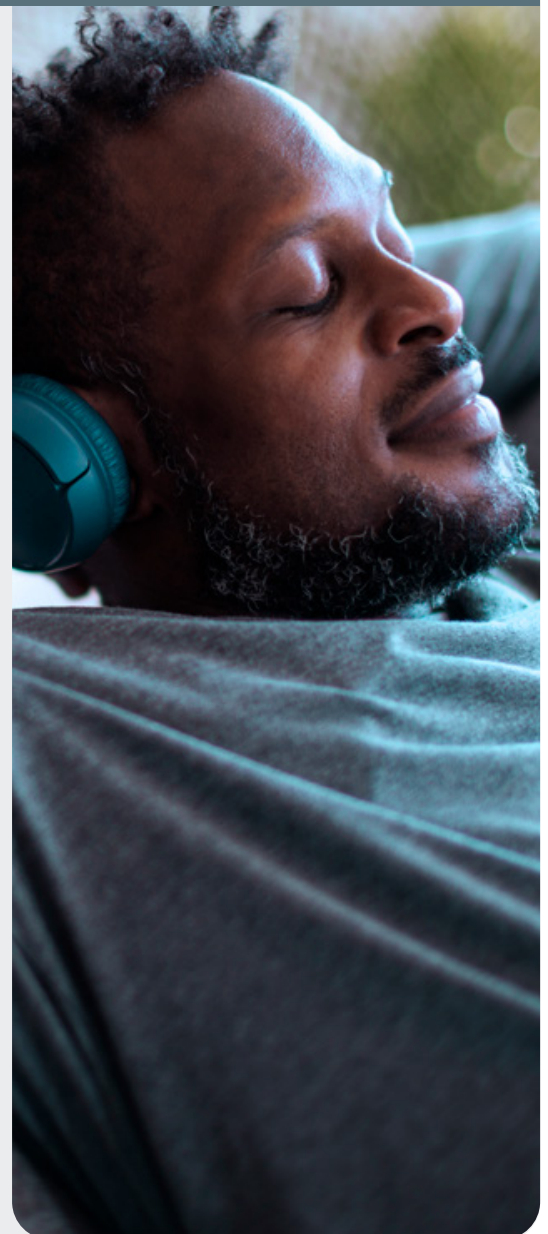
Passive rest is the most taken rest. This includes sitting on the couch, watching a movie or sleeping. For some, this sort of rest may not be enough. Others may find themselves still waking up tired after hours of sleep.

Active rest includes doing some physical activity that still allows the mind to rest. Taking a walk at the zoo, taking a fragrant bath, doing some stretches or yoga are examples of active rest.



## Sensory

This form of rest involves unplugging from external stimulation such as phones, computers or applications. Switching off the lights or sounds can help our senses to rest. This rest can be exercised daily by setting limits to our screen time.





## Emotional

This is an expressive form of rest that requires that one can freely experience and express their feelings. This form of rest is strongly tied to the relationships we have nurtured with those around us. Therapy sessions can also be a safe space to express oneself and debrief.



## Spiritual

By taking part in something bigger than oneself, our spiritual beings can rest and recharge. Prayer, meditation, community engagements and serving others can all be forms of spiritual rest.



## Mental

Because the mind is always active, it needs frequent breaks. Mental rest can be taking short breaks during the day to stretch, refill your water bottle or check in on a colleague. Taking the time to journal also enables one to off load. Journaling is also great for record keeping and one can always go back to reflect on it.



## Creative

Imagine a sip and paint, a writing session or just a walk outside with birds chirping. These are forms of creative rest. On one hand, this can be rest that comes by partaking in some sort of creative activity. On the other hand, this can be rest we partake in by enjoying art forms.



## Social

For those who may need time alone, social rest can take the form of spending time alone. For others social rest may mean spending time with friends and loved ones who fill their cup.

By delving into the various forms of rest we can all optimise the time we have set aside to rest and recharge. Challenge yourself to try a new form of rest, this could be the start of ongoing self-care practices.