**7 Types of Rest**

Rest is important to take care of yourself, avoid burnout, and optimize your efficiency. Dr. Saundra Dalton-Smith identifies seven levels of rest to focus on to allow you to thrive. A lack of attentiveness to any of the seven levels of rest can result in unfavorable effects on your health, happiness, relationships, creativity, and productivity.

* **Physical**: the chance to use the body in restorative ways to decrease muscle tension, reduce headaches, and promote higher quality sleep
* **Mental**: the ability to quiet cerebral chatter and focus on things that matter
* **Spiritual**: connecting on a deeper level with something greater than ourselves
* **Emotional**: the freedom to authentically express feelings and eliminate people-pleasing behaviors
* **Social**: the wisdom to recognize relationships that revive from ones that exhaust and how to limit exposure to toxic people
* **Sensory**: the opportunity to downgrade the endless onslaught of sensory input received from electronics, fragrances, and background noise
* **Creative**: the experience of allowing beauty to inspire awe and liberate wonder

Below is a self-care quiz that help you see which areas are strengths and which ones you need to work on

<https://www.restquiz.com/quiz/rest-quiz-test/>  
****

**My Results**

**Physical \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Mental**    **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Spiritual** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Emotional**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Social** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Sensory** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Creative** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Start with your 1-2 lowest categories and start to make adjustments. Use the chart on the backside for suggestions

**Adjustments to make:**

|  |  |  |
| --- | --- | --- |
| **Levels** | **Signs that you are in a rest deficit** | **How to nourish this level** |
| **Physical**: the chance to use the body in restorative ways to decrease muscle tension, reduce headaches, and promote higher quality sleep | Lack of sleep and overtraining deplete your body’s energy | * Sleep 7+ hours/night * Stretch * Use an ergonomic chair/desk |
| **Mental**: the ability to quiet cerebral chatter and focus on things that matter | Mental rest deficit is caused by overtaxing your thinking | * Write down your to-do’s * Meditate * Use reference checklists (packing, groceries, etc.) |
| **Spiritual**: connecting on a deeper level with something greater than ourselves | Spiritual rest deficit occurs when you feel a lack of purpose in life | * Volunteer * Work a job that feels purpose-driven |
| **Emotional**: the freedom to authentically express feelings and eliminate people-pleasing behaviors | Emotional rest deficit occurs when you feel like you can’t be authentic | * Spend time with people you can be authentic around * See a therapist to release emotional labor |
| **Social**: the wisdom to recognize relationships that revive from ones that exhaust and how to limit exposure to toxic people | Some relationship may be draining or steal your energy | * Spend time with people who give you energy * If you are an introvert, block out time to be alone |
| **Sensory**: the opportunity to downgrade the endless onslaught of sensory input received from electronics, fragrances, and background noise | The modern individual is overstimulated from the input from electronics, fragrances, and background noises | * Take a break from social media * Limit video meetings * Screen time breaks |
| **Creative**: the experience of allowing beauty to inspire awe and liberate wonder | Creative rest deficit results in a lack of ability to think of new ideas or brainstorm effectively | * Go for a walk in nature * Visit a museum or art festival * Engage with inspiring books, music, documentaries, etc. |

REFERENCES

Meer, B. [@SystemSunday]. (2022, August 31). *How to avoid burnout. Get 7 types of rest.* [Tweet]. Twitter. <https://twitter.com/systemsunday/status/1564952491179008004?s=11&t=IvbbHqZS3QginUHJc2HuJw>

*Rest quiz test*. Rest Quiz. (n.d.). Retrieved April 19, 2023, from <https://www.restquiz.com/quiz/rest-quiz-test/>