

7 Types of Rest

Avoid Burnout and Perform At Your Best

Physical Rest

Signs you need it:

- Lack of energy
- Frequent sickness
- Aches, pains, and soreness



How to get it:

- *Passive:* Get 7+ hours of sleep every night and nap when needed
- *Active:* Breathe, do yoga, get a massage

Mental Rest

Signs you need it:

- Limited mental energy
- Feel a fog or haziness
- Snap or get annoyed easily



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How to get it:

- Block times for deep work without any distractions
- Listen to music that soothes you
- Meditate

Emotional Rest

Signs you need it:

- Excessive anxiety or worrying
- Insecurity or self-doubt
- Feel overwhelmed by the drama of others

How to get it:

- Avoid comparisons to other people
- Try therapy
- Remove energy drains, like toxic or high-maintenance people



Spiritual Rest



Signs you need it:

- Can't self-motivate
- Feel hopeless, trapped, or insignificant
- Less satisfied with life

How to get it:

- Practice daily gratitude
- Volunteer or work on purpose-driven tasks
- Attend religious services

Social Rest

Signs you need it:

- Feelings of loneliness
- Detachment from family and friends
- Find it draining to spend time with others

How to get it:

- 1:1 time with someone who recharges you
- Space from people who drain you
- Join a club or group of like-minded people



Sensory Rest

Signs you need it:

- Eyes feel heavy or strained
- Loud sounds bother you
- Can't taste or smell as well



How to get it:

- Take time away from all screens
- Change what's bothering you: lower the music, dim the lights, etc.
- Softly close your eyes for a minute

Creative Rest

Signs you need it:

- No free time in your day
- Struggle to brainstorm
- Don't see the awe in nature



How to get it:

- Take small breaks (15 minutes during the day) AND big breaks (vacations)
- Spend carefree time outdoors
- Dance, read, go to shows