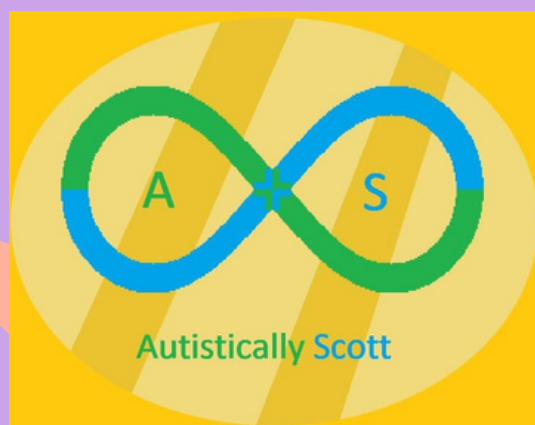


7

# DIFFERENT TYPES OF REST

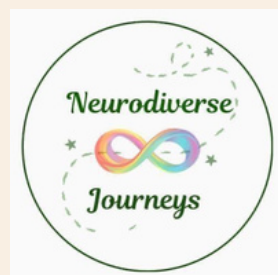
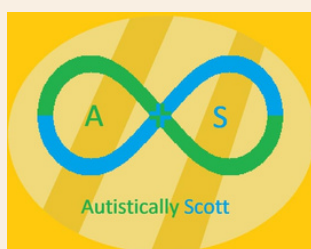


# THE 7 DIFFERENT TYPES OF REST

## How do we rest?

And how can we add in more meaningful moments of self care going into this new year?

Dr. Dalton-Smith identified 7 Types of Rest that each focus on a different aspect of our lives. By learning more about these types of rest, we can focus in on the areas where we could use more self care.

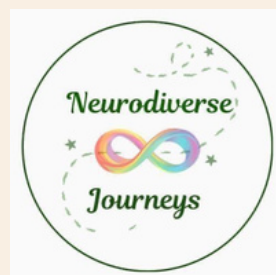
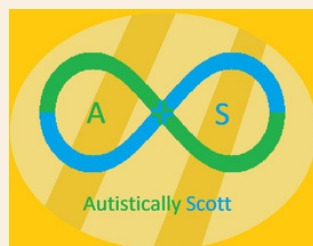


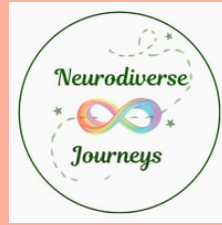
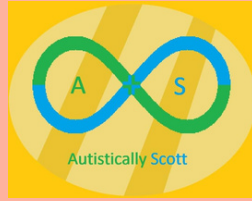
# THE 7 DIFFERENT TYPES OF REST

## How do we rest?

We can also see that rest for each of us can look differently & we often can add in small moments of rest with what we already have.

Please find some ideas in the following graphics.





1

# PHYSICAL

Can be Active or Passive

**DOG WALKS**

**BODY SCANS**

**DANCING**

**TAKING  
MEDICATIONS**

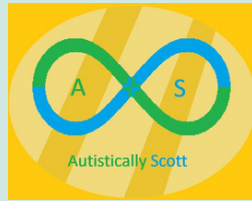


**STRETCHING WHEN  
YOU WAKE UP**

**DEEP  
BREATHING**

**YOGA**

**NAPPING**



MENTAL

**MEDITATION**

**REDUCING DEMANDS**

**BODY SCANS**

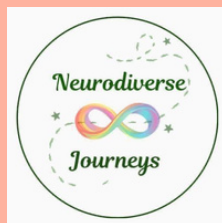
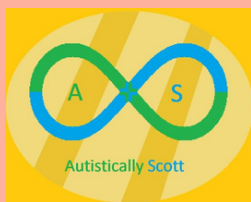
**SAFE FOODS**



**READING**

**SAFE PROGRAMS  
AND FILMS**





3

## SENSORY

**DEN/TENT**

**STIMMING**

**RELAXING MUSIC**

**EAR DEFENDERS**

**CUDDLES**

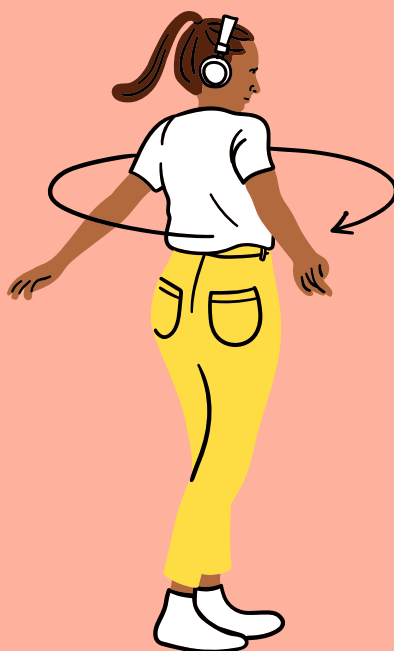
**WEIGHTED BLANKETS**

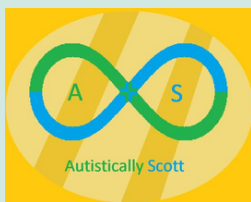
**SQUISHMALLOWS**

**WARM DRINKS**

**WARM SOFT  
LIGHTING**

**EAR LOOP BUDS**





CREATIVE

**WATER PAINTING**

**SCRAP BOOKING**

**PINTEREST**

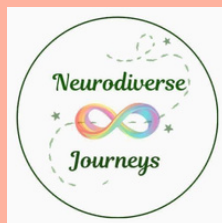
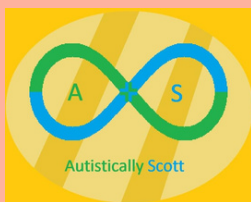
**CRAFTS**



**JOURNALLING**

**CROCHET/KNITTING**





5

## EMOTIONAL

**MINDFULNESS**

**SELF-REFLECTION**

**COUNSELLING**

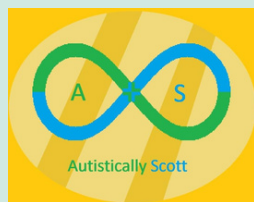
**ALONE TIME**



**LISTENING EAR  
FROM OTHERS**

**PRIORITISING  
OURSELVES**





SOCIAL

**CONNECTING WITH  
NEUROKIN**

**SHORTER EVENTS**

**MONOTROPIC FOCUS**

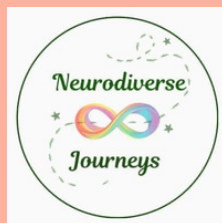
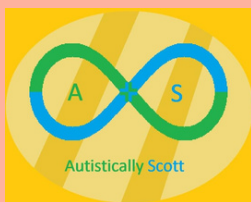


**CANCELLING PLANS**

**TIME TO YOURSELF**

**LOWERING SOCIAL  
DEMANDS**





7

# SPIRITUAL

## CONNECTING WITH SPIRITUAL PEOPLE

**CRYSTALS**

**JOURNALLING**

**MEDITATION**

**TAROT CARDS**

**YOGA**

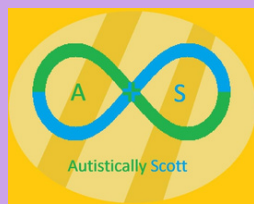
**PRAYER**

**FOREST BATHING**

**ASTROLOGY**

**RELIGIOUS SPACES**





WAS THIS  
HELPFUL?

FOLLOW US FOR MORE!



**@AutisticallyScott**  
**@NeurodiverseJourneys**  
**@LauraHellfeld, NDNurseConsulting**