

Time to rest **PLAN**

Taking and making time to rest is an essential right now when we are experiencing the on-going anxiety of navigating our way through this pandemic. **Not doing so leads to a rest deficit for many of us.**

It is vital to remember that sleep and rest are not the same thing! Many of us confuse the two! You can have more sleep but still wake up feeling exhausted and drained.

Make time for REAL REST as Dalton Smith says – *'We're suffering from a rest deficit because we don't understand the true power of rest. Rest should equal restoration in seven key areas of your life'*. **Stop and reflect** – what do you do to ensure your physical, mental, sensory, creative, emotional, social, and spiritual needs are restored?

Examine just how much **Physical rest** you get in your daily life – **this can be passive or active including** sleeping and napping, yoga, stretching and massage therapy to improve the body's circulation and flexibility.

Take time out Mentally Schedule short breaks to occur every two hours throughout your working day; these breaks can remind you to **slow down**. **Keep a notepad by the bed** to jot down any nagging thoughts that might otherwise keep you awake.

Observe your level of Sensory overload computer screens, Zoom, Teams calls, multiple conversations, bright lights can all overwhelm us. **Take time out by doing simple grounding/visualisation/ breathing exercises** and by **intentionally unplugging from social media** at regular intervals and at the end of every day.

Reset your daily plan to include moments of Creative rest – stop regularly to appreciate nature, listen to music, or simply surround your work area with beautiful images you can stop to reflect on.

Emotional rest gives you the time and space to freely express your feelings and reduce people pleasing. Be authentic. An emotionally rested person can answer the question **"How are you today?"** with a truthful **"I'm not okay"** – and then go on to share some worries that might otherwise go unsaid. Remember – it's ok not to be ok!

Social rest is needed when we fail to differentiate between those relationships that revive us from those relationships that exhaust us. To experience more social rest, surround yourself with positive and supportive people.

Taking time to connect beyond the physical and mental is the final essential – Spiritual rest – Spiritual rest is achieved when we take time to engage with something bigger than ourselves and gain a deep sense of belonging, love, acceptance, and purpose - you might use prayer, meditation, or community involvement to gain this. **Keep working on getting the balance right** and you will achieve the **REAL REST** we **ALL** need right now.