

# 6

type of rest.

How you can restore your resources.

## 1 Physical rest

Physical rest helps to restore resources and helps prevent burnout.

### Examples:

- getting more sleep at night or sleeping during the day
- physical activity
- walking
- breaks for activity

## 2 Mental rest

It helps to focus, improve concentration and get rid of unnecessary thoughts.

### Examples:

- Breaks between tasks
- Breathing exercises
- Muscle relaxation
- Changing the focus of attention (possible through the use of exercises)

## 3 Sensory rest

Constant phone notifications, noise, etc. can be exhausting. Rest helps to reduce the overload of the nervous system and restore energy.

### Examples:

- 5-10 minutes in silence
- to turn off notifications
- interruptions in phone use

## 4 Creative rest

Creative rest helps to develop creativity and get new experiences.

### Examples:

- any kind of creativity (drawing, engravings, collages, writing, embroidery, knitting, rumboxes, etc.)
- creating playlists (for relaxation, to enhance mood, etc.)
- photographing (on a theme or by color)

## 5 Emotional rest

It helps to regulate your emotional state and reduce stress levels.

### Examples:

- a confidential conversation about your condition with family and friends
- keeping a diary (tracker) of emotions
- pleasant traditions (tea drinking, take a bath, self-care)

## 6 Social rest

Social rest helps to restore resources, focus more on yourself and understanding yourself.

### Examples:

- time alone
- refusing inconvenient requests
- communicating with loved ones
- avoiding communication tiredness.