

# 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.