



Exhausted? What if we told you the rest you need stretches far beyond a good night's sleep? The secret to more energy is here

# The Seven Types of Rest

By Kara Byers

**Fact:** sometimes you wake up after eight hours of shut-eye and still feel exhausted or anxious. What a nightmare (pun intended). Sure, a good sleep can restore us in some way. But to be on full-power mode, it turns out you need six other types of rest, too.

According to Dr Sandra Dalton-Smith, a medical expert and author of *Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity*, knowing how to hit pause involves figuring out what, exactly, you're missing and then adapting your rest to meet that specific need. "We've made rest synonymous with laziness when, in reality, it's key to a thriving life," she says. Here's how to level up.

## 1

### Physical Rest

If you bounce out of bed every morning but feel weary come afternoon, you are probably in negative physical rest and should reassess your energy expenditure.

**GET IT NOW:** Dalton-Smith recommends practising "active physical rest", which involves "relaxing the muscles and relieving tension". So, try switching a HIIT session for yoga. Why? A US study shows it can provide relief from the hectic nature of modern life.

## 2

### Mental Rest

Ever felt brain fried? If so, it's likely you need mental recuperation. But don't get all self-blamey. As clinical psychologist Gemma Cribb explains, stress can skew our thinking. "People who are stressed lose the ability to differentiate high from low priority," she says.

**GET IT NOW:** Cribb advises doing something "non-goal directed, such as sitting in the park or paddling in the ocean". Mental imagery has also been proven to enhance concentration and motivation, too. According to a Ruhr-University Bochum study, you just need to imagine yourself feeling super chill or in a favourite, relaxing place for it to work.

## 3

### Emotional Rest

If you're a people pleaser or your friendship group's crisis counsellor, you might be emotionally knackered. Emotionally rested means "practising authenticity and knowing you're appreciated as an individual," explains Dalton-Smith. Nice!

**GET IT NOW:** Off-load your feelings to a willing listener, say researchers of a *BMC Health Services Research* study, whether that's a therapist or a true friend, then keep the convo going to prevent future emotional overload.

## 4

### Sensory Rest

One minute agitated, the minute next drained? If you spend your day staring at a screen, live in a city or hear constant noise, your body will need sensory rest.

**GET IT NOW:** Practising 'silence and darkness' offsets sensory overload. Dalton-Smith's top tips for doing that? "Turn off your radio on the drive home. Avoid having the TV playing in the background. Use light-blocking window blinds in your bedroom." Easy.

## 5

### Spiritual Rest

Feeling flat and unfulfilled? If so, you might need spiritual rest. DW, we're not trying to make you religious if that's not your jam. As Dalton-Smith puts it, "spiritual rest is the feeling of peace in knowing you're part of a bigger picture."

**GET IT NOW:** Gratitude journaling has been shown to improve mental health, a study published in the journal, *Psychotherapy Research*, shows. By appreciating what we already have, we generate feelings of contentment and help take the pressure off.

## 6

### Creative Rest

Struggle to get out of bed but then find your batteries charge as the day goes on? You may be experiencing creative restlessness. Don't downplay how much you flex your creative muscle - even thinking of dinner ideas depletes this energy.

**GET IT NOW:** Japanese medical doctor and researcher Qing Li suggests going for a walk in nature. Or, do something purely for the LOLz. As Cribb says, "Re-engage in play and activities that stimulate childlike lightheartedness." This will open you up for inspiration to flow.

## 7

### Social Rest

Feeling more drained than rejuvenated in company? If so, you might need to lay off Zoom and Houseparty, especially if you have a few energy vamps in your circle.

**GET IT NOW:** As mean girl isn't a 2020 vibe, don't go telling people they suck. Instead, embrace JOMO. Cribb advises, "Often, rest comes from setting boundaries on people and activities that drain you, and taking some time for yourself to unwind." *wh*