

The 7 Types of Rest & How to Get Them

compiled by
PilatesNative 2022

| Type of Rest | Physical | Mental | Emotional | Social | Sensory | Creative | Spiritual |
|---|--|---|--|---|--|--|--|
| Spend time outside or in nature | | Spend time outside or in nature | Spend time outside or in nature | | Spend time outside or in nature | Spend time outside or in nature, especially near bodies of water: lakes, rivers, oceans | Spent time outside or in nature |
| Sleeping and Napping | Sleeping and Napping | | | | Using an eye mask for sleep and naps | | |
| Meditation | | Meditation | | | Meditation | | Prayer/Meditation |
| Limit Screen Time: Taking an Intentional Social Media Break | | Limit Screen Time: Taking an Intentional Social Media Break | Limit Screen Time: Taking an intentional social media break | Limit Screen Time: Taking an Intentional Social Media Break | Limit Screen Time: Taking an Intentional Social Media Break | | |
| Limiting Screen Time: Take a break from the news | | Limiting Screen Time: Take a break from the news | Limiting Screen Time: Take a break from the news | | Limiting Screen Time: Take a break from the news | | |
| Yoga, Pilates, Stretching | Yoga, Pilates, Stretching | Yoga or Pilates | | | | | |
| Breathing Techniques | Breathing Techniques | Breathing Techniques | | | | | |
| Take a bath | Enjoy a hot bath | | | | Take a warm bath | | |
| Stop Multitasking | | Stop Multitasking | | | Stop multitasking | | |
| Take a Break! | | Take a break! Build breaks into your work day. | Take a break from shame and judgement. Allow yourself to feel and express your feelings. | Take a break! Allow yourself space to recharge after socializing | Take a break! Give your senses a break from strong cleaning products or scented products | Take a break! Allow yourself dedicated time to do things you love doing, without any expectations of outcome | Take a break from shame and judgement. Allow yourself to feel and express your feelings. |
| Limit interactions with people that leave you drained | | | Limit interactions with people that leave you drained | Limit Interactions with people that leave you drained | | | |
| Surround yourself with positive people who support you | | | Surround yourself with positive people who support you | Spend time with people who know and love you as you are | | | |
| Massage and/or Muscle Release Techniques | Massage and/or Muscle Release Techniques | | | | | | |
| Practice good time management | | Practice good time management | | | | | |
| Honor your boundaries and say no when you mean no | | | Honor your boundaries and say no when you mean no | | | | |
| Remove yourself from unnecessary negativity and negative people | | | Remove yourself from unnecessary negativity and negative people | | | | |
| Remove yourself from groups or relationships that don't serve you | | | Remove yourself from groups or relationships that don't serve you | | | | |
| Join a group or club for something you love | | | | Join a group or club for something you love | | | Join a faith based community that shares your same values |
| Engage and participate in your social groups | | | | Engage and participate in your social groups | | | Engage and participate in activities with your spiritual community |
| Recognize your stage of life. | | | | Recognize that some people are "stage of life" friends and that's ok. Tap into those relationships! | | | |
| Visit a museum, theatre or concert | | | | | | Visit a museum, theatre or concert | |
| Keep your home and office clean and inspiring | | | | | Keep your home and office neat, clean and decluttered | Decorate your home or office in ways that inspire you | |
| Enjoy fresh flowers or plants in your home or office | | | | | | Enjoy fresh flowers or plants in your home or office | |
| Wear soft comfortable clothes | | | | | Wear soft comfortable clothes | | |
| Dim the lights, enjoy sunlight or candlelight | | | | | Dim the lights, enjoy sunlight or candlelight | | |
| Be quiet | | | | | Be quiet- take a few minutes each day to just sit quietly | | |
| Be still | | | | | Be still- stop fidgeting for just a few minutes | | |