



THIS MONTH'S FIND
ANOTHER GOLDEN NUGGET

A Dose of Self-Care

Even with a good night's sleep, you may still feel exhausted. That's because sleep and rest are not the same thing. Treating the two as interchangeable has created a culture of overachieving and burnout. Recent Ted Talk speaker, Dr. Sandra Dalton-Smith, helps us to understand what she calls "the seven types of rest."

1. Physical Rest

Examples of passive rest include sleeping or napping while active rest consist of practicing things like yoga, stretching and massage.

2. Mental Rest

Take a short break every two hours during the day so your mind can decompress.

3. Sensory Rest

Pause for a minute to close your eyes, and at the end of the day, unplug from technology.

4. Emotional Rest

We need time to be authentic, express our real feelings and take time for ourselves.

5. Creative Rest

Try spending time in nature and enjoying art. Fill your living space with things and images that inspire you.

6. Social Rest

By recognizing the relationships that relieve us we can surround ourselves with supportive people.

7. Spiritual Rest

Add prayer, meditation or community involvement into your life.