

# 7 Kinds of Rest

INTENTIONAL REST FOR QUICK REJUVENATION!

 [sagaciouscounselling.com](https://sagaciouscounselling.com)



By identifying where we are the most drained, we can add intentional rest to help rejuvenate us more quickly. There are 7 main areas we often feel we need rest in - enjoy these examples and feel free to add your own ideas to the lists!

## PHYSICAL Rest

- Breathing exercises \_\_\_\_\_
- Laying down \_\_\_\_\_
- Going to bed early \_\_\_\_\_
- Deep rest meditation \_\_\_\_\_
- Spiritual reading \_\_\_\_\_
- Nap \_\_\_\_\_
- Yoga / Stretch \_\_\_\_\_
- Relax with pets \_\_\_\_\_
- Sitting still \_\_\_\_\_
- Reading \_\_\_\_\_
- Play a game \_\_\_\_\_
- Massage / Reiki \_\_\_\_\_
- Hike / Walk \_\_\_\_\_
- Spend time in nature \_\_\_\_\_
- Take a bath \_\_\_\_\_
- Listen to music \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MENTAL Rest

- Read a book \_\_\_\_\_
- Listen to music \_\_\_\_\_
- Schedule more breaks \_\_\_\_\_
- Talk a walk \_\_\_\_\_
- Binge-watch TV \_\_\_\_\_
- Clean / Organize \_\_\_\_\_
- Cook / Bake \_\_\_\_\_
- Lift Weights \_\_\_\_\_
- Play virtual reality games \_\_\_\_\_
- Journaling \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SENSORY Rest

- Unplug from social media \_\_\_\_\_
- Go swimming \_\_\_\_\_
- Try an isolation float \_\_\_\_\_
- Turn down/off lights \_\_\_\_\_
- Turn volume down/off \_\_\_\_\_
- Take a cold shower \_\_\_\_\_
- Take a warm bath \_\_\_\_\_
- Lay in a dark room \_\_\_\_\_
- Sit by candlelight \_\_\_\_\_
- Let go of FOMO \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## CREATIVE Rest

- Diamond Art \_\_\_\_\_
- Painting \_\_\_\_\_
- Crafts \_\_\_\_\_
- Knitting \_\_\_\_\_
- Coloring \_\_\_\_\_
- Scrapbooking \_\_\_\_\_
- Writing \_\_\_\_\_
- Creating miniatures \_\_\_\_\_
- Sewing \_\_\_\_\_
- Photography \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SOCIAL Rest

- Join groups \_\_\_\_\_
- Go out for dinner \_\_\_\_\_
- Stay home and chill \_\_\_\_\_
- Set time boundaries \_\_\_\_\_
- Attend religious groups \_\_\_\_\_
- Sit in a coffee shop \_\_\_\_\_
- Alone time \_\_\_\_\_
- Spend time with a friend \_\_\_\_\_
- Join a walking group \_\_\_\_\_
- Walk alone \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SPIRITUAL Rest

- Volunteer \_\_\_\_\_
- Attend spiritual meetings \_\_\_\_\_
- Big brothers/sisters \_\_\_\_\_
- Foodbank helper \_\_\_\_\_
- Reading \_\_\_\_\_
- Smudge \_\_\_\_\_
- Meditation \_\_\_\_\_
- Ministry \_\_\_\_\_
- Women's/Men's group \_\_\_\_\_
- Connect with nature \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## EMOTIONAL Rest

- Try counselling \_\_\_\_\_
- Join a group \_\_\_\_\_
- Seek true connection \_\_\_\_\_
- Be your authentic self \_\_\_\_\_
- Take time to be alone \_\_\_\_\_
- Set boundaries \_\_\_\_\_
- Play video games \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Feel *safe* telling  
your story

