

RECOVER FOR YOUR WELLNESS BY

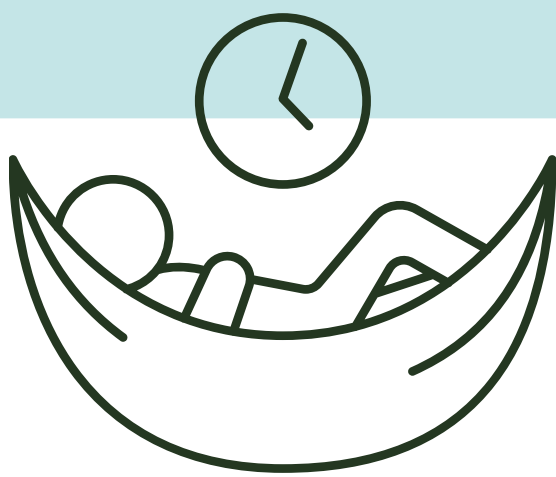
# IDENTIFYING WHAT TYPE OF REST

YOU ARE MISSING



Engaging in leisure activities during non-work hours can lead to increased positive mood, higher life satisfaction, and reduced psychological distress.

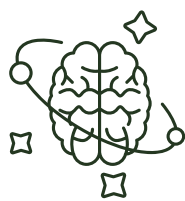
## LEISURE ACTIVITIES ACT AS A BUFFER AGAINST WORK-RELATED STRESS.



Taking breaks, leisure activities, and allowing the mind to wander can enhance creative problem-solving and innovative thinking.

## Downtime allows the brain to make new connections and come up with novel solutions.

Studies have emphasized the multifaceted benefits of rest and leisure activities for:



COGNITIVE FUNCTION



EMOTIONAL WELL-BEING

CREATIVITY



OVERALL QUALITY OF LIFE



Incorporating various types of rest into your routine can lead to improved learning, better mental health, and increased satisfaction with life.

Identifying the specific types of rest you might be missing can lead to improved focus, performance, creativity, and overall happiness.

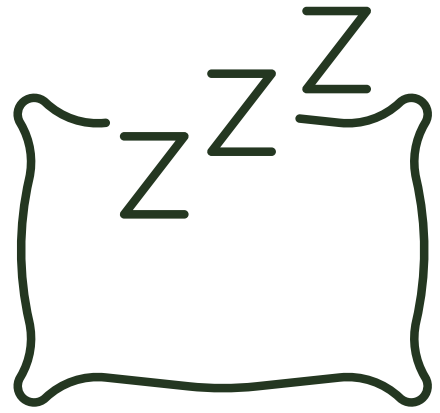
THE 7 TYPES OF REST



GET TO KNOW THE

**7 TYPES OF REST****PHYSICAL REST**

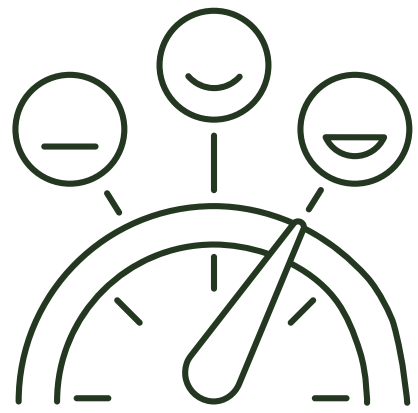
- 1** Allow your body to recover through quality physical rest.

**MENTAL REST**

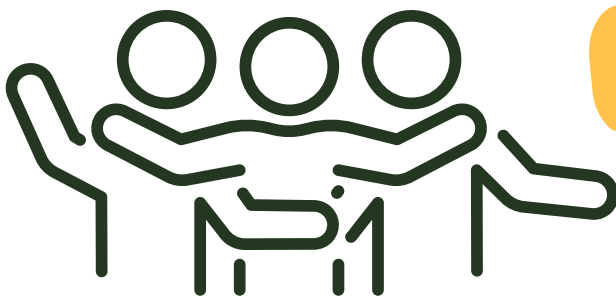
- Give your mind a break from constant thinking and cognitive tasks. **2**

**EMOTIONAL REST**

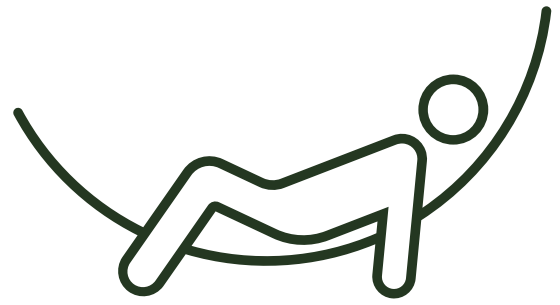
- 3** Take time to process your emotions and reduce emotional stress.

**SOCIAL REST**

- Engage in meaningful connections and interactions with others. **4**

**SENSORY REST**

- 5** Minimize sensory stimuli to give your senses a break.

**CREATIVE REST**

- Step away from routine tasks to nurture your creative side. **6**

**SPIRITUAL REST**

- 7** Engage in activities that align with your values and beliefs.

