

What constitutes rest is not the same for all of us. Some will consider sitting peacefully and enjoying the silence around you as rest, whilst others might see family time or listening to music as the ideal. There is no unified definition or criteria. It's personal!

Both sleep and rest allow the body to slow down in different ways. To fully recharge the body, and for feelings of well-being, periods of both are necessary.

Tips for Recognising the Need to Rest

Here are a few signs that your body needs rest:

- EXHAUSTION
- DEHYDRATION
- LOSS OF APPETITE
- TROUBLE FOCUSING
- INABILITY TO MAKE DECISIONS
- EVERYTHING ANNOYS YOU
- SORE MUSCLES

Some of the best ways to rest are simple and straightforward. The concept of rest relies on two things: that the time taken should be between 5 and 15 minutes, and that the frequency should be roughly every three to four hours of working.



Example:

Find a quiet spot in the home, or office, and have a seat. If you can lie down it's even nicer, but try not to fall asleep!

Simply close your eyes and breathe. Breathe in, breathe out. Listen to small sounds around you. Can you hear the birds, the traffic outside? How about the wind or rain? Enjoy them. Enjoy the small things in life. If you have a drink, sip it slowly and enjoy the flavours, the temperature, the heat or cool of your cup.

If you practice meditation, then you know this technique already, but not everyone finds meditation easy. This is about giving yourself some peace and quiet for a few minutes. The goal here is to rest and gather your thoughts for a quick energy boost, or to re-focus on your goals.

Have you been socialised to believe that resting is laziness or only something that's permitted when you've completed a long list of things to do? Maybe you grew up in a home where the concept of rest simply didn't exist. Where were your thoughts about rest formed? Were they societal or cultural?

