




TYPES OF REST GUIDE


Below you will find various activities that promote the three different types of rest listed below. Explore, experiment, and have fun!



PHYSICAL

- Stretching
 - Take a nap
 - Get a massage
 - Go on a mindful walk
 - Do yoga
 - Do absolutely nothing
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SPIRITUAL

- Do guided meditation
 - Spend time in prayer
 - Do chakra work
 - Community involvement
 - Process your emotions
 - Journal
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SENSORY

- Take a break from technology
- Spend time in nature
- Do arts & craft activities
- Read a book
- Do volunteer work
- Spend time with family/friends