




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!



MENTAL

- Meditate
 - Journal
 - Do breathwork
 - Take a nap
 - Go for a walk
 - Practice gratitude
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EMOTIONAL

- Practice self-care
 - Spend time alone
 - Talk to a friend
 - Practice mindfulness
 - Take a break (do nothing)
 - Spend time with animals
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SOCIAL

- Set and honor boundaries
- Spend time with loved ones
- Take a break from your phone
- Take a day off from work
- Do a solo activity
- Avoid toxicity (all kinds)