

Seven Types of Rest Checklist



Can you take each type of rest this week? Write or draw how you have taken this type of rest.

Physical Rest	Letting your body relax through sleep, quiet time or gentle exercise. 	Mental Rest	Giving your brain a break by calming your thoughts. 
	Sharing your feelings and being honest about how you feel. 		Taking a break from bright lights, loud noises and screens. 
Emotional Rest	Feeling inspired by others, music and creative activities. 	Sensory Rest	Spending time with people who make you feel good and avoiding those who tire you out. 
	Feeling calm and supported by helping others and connecting with your values if you have any. 		Taking a break from bright lights, loud noises and screens. 

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