

7 types of rest



Researcher and author Dr Sandra Daulton-Smith believes there are 7 different types of rest, which all serve a unique purpose.



Physical

Listening to what your body needs



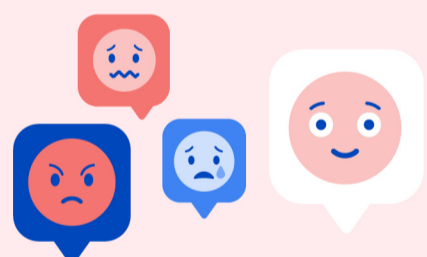
Mental

Anything that gives your brain a break



Sensory

Unplug from all of external stimuli



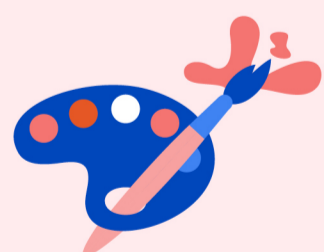
Emotional

Processing and sharing emotions



Social

Spending time with friends and family



Creative

Any activity that inspires you



Spiritual

Volunteering, spiritual practice, community involvement