

Quality of Life TIPS & TRICKS

Rest & Recharge

Exhaustion doesn't just stem from the need for sleep. If you're feeling worn down, consider the seven different types of rest that you may need to restore your energy level.

1. **Physical.** Certainly, our bodies need sleep, so if you're physically exhausted, go to bed early.
2. **Mental.** If your thoughts are wandering, take a break, take deep breaths, or just stare out the window for a bit. Scheduling breaks can help cut down on mental exhaustion.
3. **Social.** This seems impossible given that we've been isolated for a year and a half, but videoconferencing and FaceTiming is actually more taxing on our brains. Consider stepping away or limiting the number of people on those calls.
4. **Creative.** Brainstorming, researching, strategizing—these engage our creativity just as drawing a picture might. Consider reading a book or listening to music and leaving the creativity to someone else for a bit.
5. **Emotional.** Sometimes we need to offload our feelings to family, a trusted friend, or a counselor in order to rest and restore.
6. **Sensory.** Turn off the phone. Get away from the computer. Step away from the screens. Seek out silence.
7. **Spiritual.** Religious or not, we all need to feel connected. This can come in the form of getting out into nature, volunteering our time, or reading scripture or philosophical passages.

Next time you're feeling tired, dig deeper to identify the type of rest that may best suit your needs.



This Wellness Tip was brought to you by the Quality of Life Subcommittee of the Primerus™ Quality Assurance Board and Featured Contributor Nicole Quintana. We also welcome your tips, which can be submitted to Paige Neirman at pneirman@primerus.com for publication consideration.