

Table 5 Different Kinds of Rest

| WHAT WE'RE RESTING | WHAT IT CAN LOOK LIKE |
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| Body | This includes sleep, naps, or other forms of physical downtime, such as lounging. When possible and safe, you can try restful practices like restorative yoga, a leisurely walk, or mindful breathing. |
| Mind | <p>Resting our minds means taking a break from cognitive and sensory overload. This can include simple “brain breaks,” where you pause from whatever you are doing. For example, you can leave a room to take a short walk, use the bathroom, or get a drink. It can also involve doing things that quiet or stop compulsive thinking and intrusive or racing thoughts. In these cases, distractions like watching a video, reading a book, or listening to music can be a welcome reprieve.</p> <p>Sensory breaks are highly personal, especially for people who are neurodivergent or have experienced trauma. If it feels safe, you can rest your senses by going somewhere quieter, darker, calmer, and with fewer people and distractions. Sensory breaks might also include physical supports like headphones, earplugs, sunglasses, or weighted blankets.</p> <p>Resting our minds also means taking time offline. We need breaks from digital dings and notifications. Turn phones off or on “Do Not Disturb” to silence notifications.</p> |
| Heart | If we can, it is healthy to take breaks from people or places that leave us feeling emotionally drained or hurt. Resting our hearts can mean pausing or limiting conversations and interactions with people who treat us poorly. It can mean spending time with different people or going places that make us feel good. News and media can also exhaust us. Consider limiting news or social media consumption, especially when it triggers big emotions. |
| Spirit | When you feel your spirits drain, it may be time to rest and replenish the soulfulness of life. We have an inborn, natural spirituality—one that drives us to connect with something bigger than ourselves. ¹ We find this in nature, music, art, animals, and deep “soulful” human connections or social causes. Spiritual rest can be as simple as getting outdoors, playing with your pet, looking or listening to something beautiful, or connecting with someone you love who really knows you. |

¹Krauss, S. M. (2023). *Whole child, whole life: 10 ways to help kids live, learn, and thrive*. Corwin.