



Rest

is
a
doing
word

Written by Jo Gray - Cognitive Behavioural Psychotherapist

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How are you?

What's it like in your body right now - any aches, pains, discomfort, tension? Or perhaps you notice a sense of ease or relaxation? Is your body feeling alert and ready to get started, or tired and sluggish, or something else?

Next, notice how your mind is right now. Is it busy with lots of thoughts rushing around? Does it feel noisy and chaotic, or calm and still, or scattered and jumbled, or something else?

Notice where your focus of attention is - are you feeling quite present or is your mind trying to pull you into thoughts about what happened earlier, or what you're doing later?

Finally, let's notice any emotions that are present right now. Scan your body and see if you can locate whereabouts in your body you experience different feelings.

Perhaps you're noticing stress or anxiety, and that's located in your chest or your stomach for example. Maybe you're noticing a sense of excitement and an eagerness to get on - again, notice where you experience those emotions in your body.

See how much information you can gather about what's here for you right now.

Try not to judge yourself for whatever you're noticing, or not noticing. This check-in is purely designed to help you to gather information about your internal environment. Just recognising how your mind and body is right now.



Let's unpack 'rest' a bit before we get into it.

Rest means different things to different people and so I'd like to invite you to consider for a moment what rest means to you.

Self-Reflection Prompts

- *What comes to mind when you think of rest?*
- *Jot down any phrases, images, sayings, and memories that spring to mind.*
- *What does rest look like for you?*
- *Where do you rest?*
- *When do you rest?*
- *How do you rest?*
- *Are you feeling well-rested right now? If not, can you recall the last time you did?*

Rest verb 1. stop work or activity in order to relax or recover

In this guide we'll explore different types of rest and I hope that you'll get to learn something about the kinds of things that help you to relax and recover strength.



You might be surprised to learn that there are many different kinds of rest - here are a few to explore:

Mental Rest - This might look like taking short breaks in your day, practicing mindfulness, using grounding techniques or taking some slow, deep breaths.

Physical Rest - This might look like sleeping, being still, gentle movement, restorative yoga, soaking in the bath

Sensory Rest - This might look like solitude, or reducing sensory stimulation (e.g being in a quiet place, dimming the lights, taking a screen break) OR it could be about enjoying your senses (e.g. smelling a favourite scent, wearing something soft, having a massage). Often, for me, this is where being in nature comes in.

Creative Rest - This might look like time spent playing, making something, or enjoying the beauty in your surroundings.

Social Rest - This is about finding your tribe, spending time with people who light you up and energise you. It could also be a shared experience like a concert, a religious service, or an exercise class.

Emotional Rest - This might look like having a good cry, sharing feelings in therapy or with a loved one, journaling, creating. Essentially anything that helps you to express your feelings rather than trying to hide them, or bottling them up.

Spiritual Rest - This is about feeling a connection with something bigger than you - be that through prayer, meditation, community, or nature for example.



What's getting in the way?

If you find yourself struggling with rest, you aren't alone. Just to normalise things a bit, below are some of the common thoughts and feelings that come up in my workshops and client sessions when we explore rest.

Thoughts like:

"I should be doing something/being more productive"

"I don't deserve rest; I haven't earned it"

"I need to be given permission to rest"

"If I take a break, I won't be able to get started again"

"I shouldn't need to rest".

"Having to rest/taking a break is lazy or weak"

"Rest is boring".

"Rest isn't important"

"I haven't got time to rest/take a break"

"I'm not good at resting/I've never been able to relax"

Feelings like:

Guilt, shame, frustration, fear, anxiety, sadness, anger, and stress can also get in the way of us resting.

Situational barriers like:

Having demands on our time that outweigh the resources we have available to us (work, family, friends, finances, life admin...)

Commuting to/from work

Our environment not supporting rest



Self-Reflection Prompts

How rested do I feel today?

Do I get as much rest as I need?

Do I get as much rest as I'd like?

What kinds of rest am I lacking, or craving?

What do I want a rest from?

When was the last time I rested (whatever that means to you)?

What are my barriers to rest?

Are there any small steps I could take to overcome those barriers?

What did I learn about myself during this guide?

Did my thoughts and feelings about rest change as I explored the topic?

Is there anything that I want to remember or put into action?



Optional Extras

Activities to try

- Have a go at writing your own definition of rest (and the different types of rest that resonate for you).
- Write a 'rest menu' that features as many different types of rest as you'd like. Try adding in some examples of activities for each type to help bring them to life a bit.
- Engage in some different types of rest during your stay at the Lodge. It's the perfect place for every type of rest (in my humble opinion!).
- **Book a Wonder Wander** at the Lodge with me

Books

The Art of Rest - How to find respite in the modern age.
Claudia Hammond

Wintering - The power of rest and retreat in difficult times. Katherine May



I hope you have found this guide helpful. Don't forget that you can :

Join me on the Portal - You'll find more of my resources, as well as online sessions, workshops and courses,

Follow me on Instagram [@navigationforliving](https://www.instagram.com/navigationforliving)

Come along to an in-person event (See my website for upcoming events and/or sign up for my monthly newsletter - www.makingyourway.co.uk)

Book a 1:1 therapy session with me

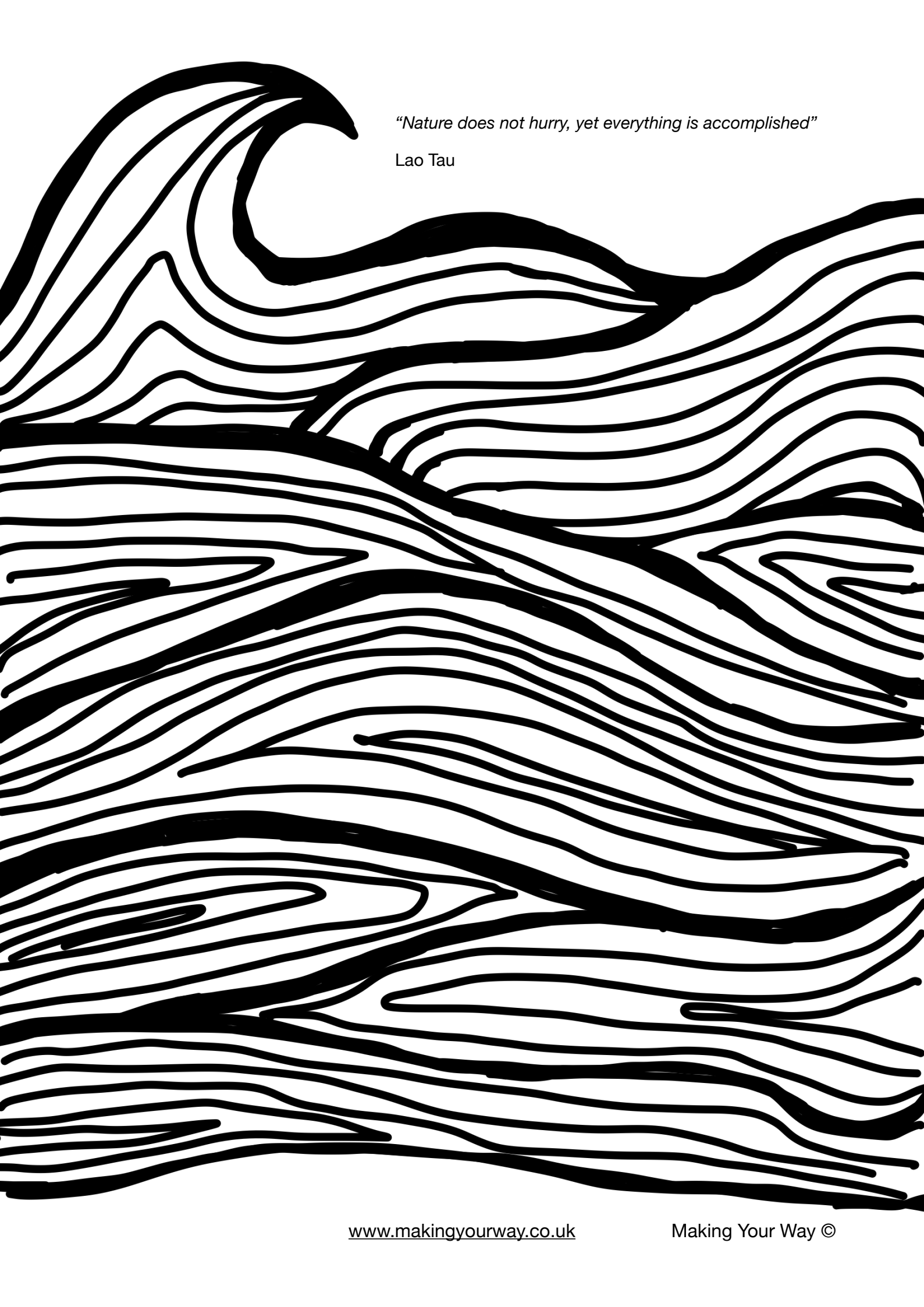
Get in touch to discuss group sessions (ranging from self-discovery parties through to corporate away-days and workshops or wellness training events).

Check out my online shop for goodies (including my guided self-discovery journal)

I'd love to hear from you :)

Jo





"Nature does not hurry, yet everything is accomplished"

Lao Tau