



35 REST IDEAS

Sensory Rest

- 1 - Reduce the Noise - Dim the Lights, turn down the music, turn off the screen, Cover your Eyes and Ears
- 2 - Use fidget toys or calming sensory objects to help calm the senses
- 3 - Spend Time in the Quiet - Whether its the bath, shower, a calm corner or quiet space. Find somewhere quiet and spend time in that space.
- 4 - Spend time in nature or bring nature to you
- 5 - Calm the body through breathing mindfully

Mental rest

- 6 - Read a Book or Listen to a Story
- 7 - Try a Mindfulness Activity -
- 8 - Journal or Make a List
- 9 - Take a Brain Break
- 10 - Turn off the Phone & Social Media

Emotional Rest

- 11 - Name your Emotions
- 12 - Express your Emotions safely
- 13 - Talk to Someone you Trust
- 14 - Practice Self Care
- 15 - Repeat Positive Affirmations

Social Rest

- 16 - Go on a Solo Date / Spend time Alone
- 17 - Spend Time with Positive People
- 18 - Spend Time with Animals or in Nature
- 19 - Say No to Some Social Commitments
- 20 - Special Time with a Family Member or Friend

Creative Rest

- 21 - Do a Creative Activity you enjoy
- 22 - Daydream and let your mind wander
- 23 - Go out and appreciate nature, art, music, food and the world around us
- 24 - Try a new a new hobby
- 25 - Plan an adventure or vision board

Spiritual Rest

- 26 - Practice Gratitude
- 27 - Do an Act of Random Kindness
- 28 - Take part in a spiritual practice.
- 29 - Take care of the planet
- 30 - Get involved with the community

Physical Rest {Ideas other than sleep}

- 31 - Lie Down and take a nap
- 32 - Relax Your Muscles
- 33 - Give yourself a Massage
- 34 - Move Gently
- 35 - Take Deep Breaths

