

August 2026 Issue

Rest, Reflect, Recharge: The 7 Types of Rest That Actually Work



Have you ever finally had the opportunity to catch up on sleep and still felt tired? There is no better feeling than finally getting back on track with rest after a busy time; however, sometimes, no matter how much we sleep, we can still feel behind.

As life doesn't seem to be slowing down, we can still catch up on rest. It just may not look like we are reaching our sleep goals every night. This should feel reassuring. Although there is a lot we can do to improve our sleep hygiene, we cannot always control how much or how well we sleep in a night. It is nice to know there is more we can do to stay charged outside of our sleep.

This is where the 7 types of rest come into play. There is more than one way to recharge. By seeking all 7 types of rest, we can ensure we are more relaxed and ready to take on the day, regardless of outside factors.

The seven types of rest are as follows:

1. **Physical Rest:** While sleep does fall into this category, so can light activity such as light cardio or stretching. This gets our blood flowing properly and keeps us from feeling that brain fog. It can be counterintuitive but super effective.
2. **Mental Rest:** We all can struggle with racing thoughts from time to time. Taking time to meditate, brain-dump, or slow down can help our brains rest. It takes us out of a draining state of stress and allows us to calm down and face the task directly in front of us instead of staying in the future or past.
3. **Spiritual Rest:** No matter our spirituality, it is important to reconnect with our purpose in life. Sometimes we can go through the motions, and we forget "our why." Spiritual rest comes from taking time to be quiet, whether that is in prayer or in nature – it will vary greatly from person to person.



4. **Sensory Rest:** So many of us can relate to sensory overload, but we so rarely stop to think about the toll this can take when we feel it constantly. Instead of reaching for our phone and adding more into the mix, sitting in silence can do wonders for our sensory rest.
5. **Creative Rest** is needed when we are in a bit of a block. Taking in art or seeking other perspectives is a great way to get back in touch with our creativity.
6. **Emotional Rest:** This is needed when those around us or our situations are depleting us. Processing emotions with either others or in a journal is a great way to rest and recharge.
7. **Social Rest** requires us to take inventory of those around us. If there are people in your life who make you feel worse after hanging out, it may be time to set some boundaries or learn the importance of saying no.

What next?

Life is busy. Life asks a lot of us from day to day. Given there is such a variety of rest, it means we can cover a lot of bases. Some of these types of rest may be more time-consuming than others. Take a moment to reflect— what are simple, low-lift things you can do to rest on a busy day? Additionally, when you have more time, what types of rest are your highest priorities?

Stop and think. How are you? Where do you need rest? You've got this! Rest is possible despite our circumstances; we just have to be intentional about finding it.



Resources

<https://www.health.harvard.edu/preventive-care/the-7-types-of-rest-and-why-we-need-them-all>

