

# Types of Rest Every Person Needs

**PART 1:** Rest should equal restoration in seven key areas of your life. Using the TED article [The 7 Types of Rest That Everyone Needs](#) as a guide, along with the graphic organizer below, take inventory of how your rest life currently looks. Under each type of rest write down ways you have incorporated that kind of rest in the last 30 days. Be honest with yourself and withhold judgment. It's okay to leave a box empty.

*Physical Rest*

*Emotional Rest*

*Mental Rest*

*Social Rest*

*Sensory Rest*

*Spiritual Rest*

*Creative Rest*

*Other*

**PART 2:** Sleep alone can't restore us to the point of feeling truly rested. Let's begin focusing on getting the right type of rest. Consider what it would mean to YOU to feel rested in every area. Use the organizer below to jot down a few activities, habits, or routines that would help you achieve each kind of rest. Circle 3 you will do this week. [This article offers examples of each type.](#)

*Physical Rest*

*Emotional Rest*

*Mental Rest*

*Social Rest*

*Sensory Rest*

*Spiritual Rest*

*Creative Rest*

*Other*