

Restoring your energy

For those who struggle with
fatigue & exhaustion

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@etphd_mentoring

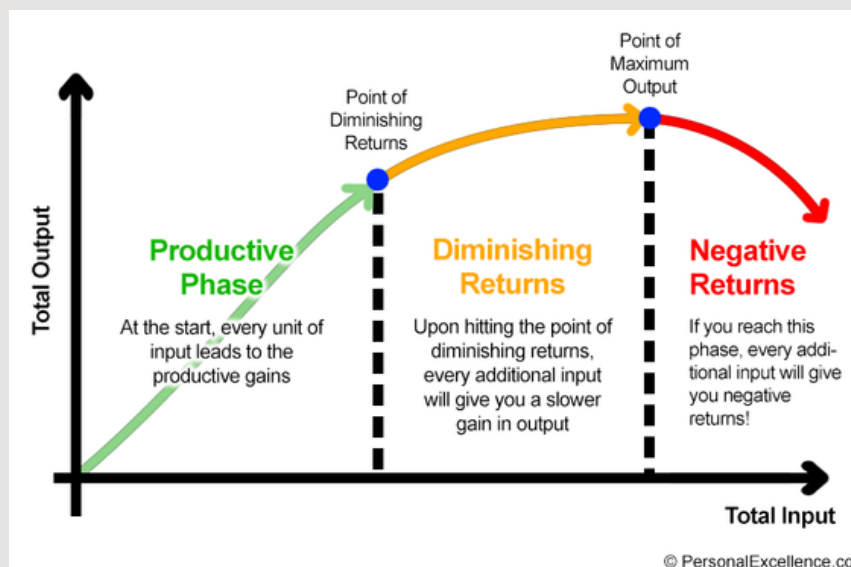
@etphd_coacching

Rest isn't just lying on the sofa watching the Kardashians (although it might be & that's great).

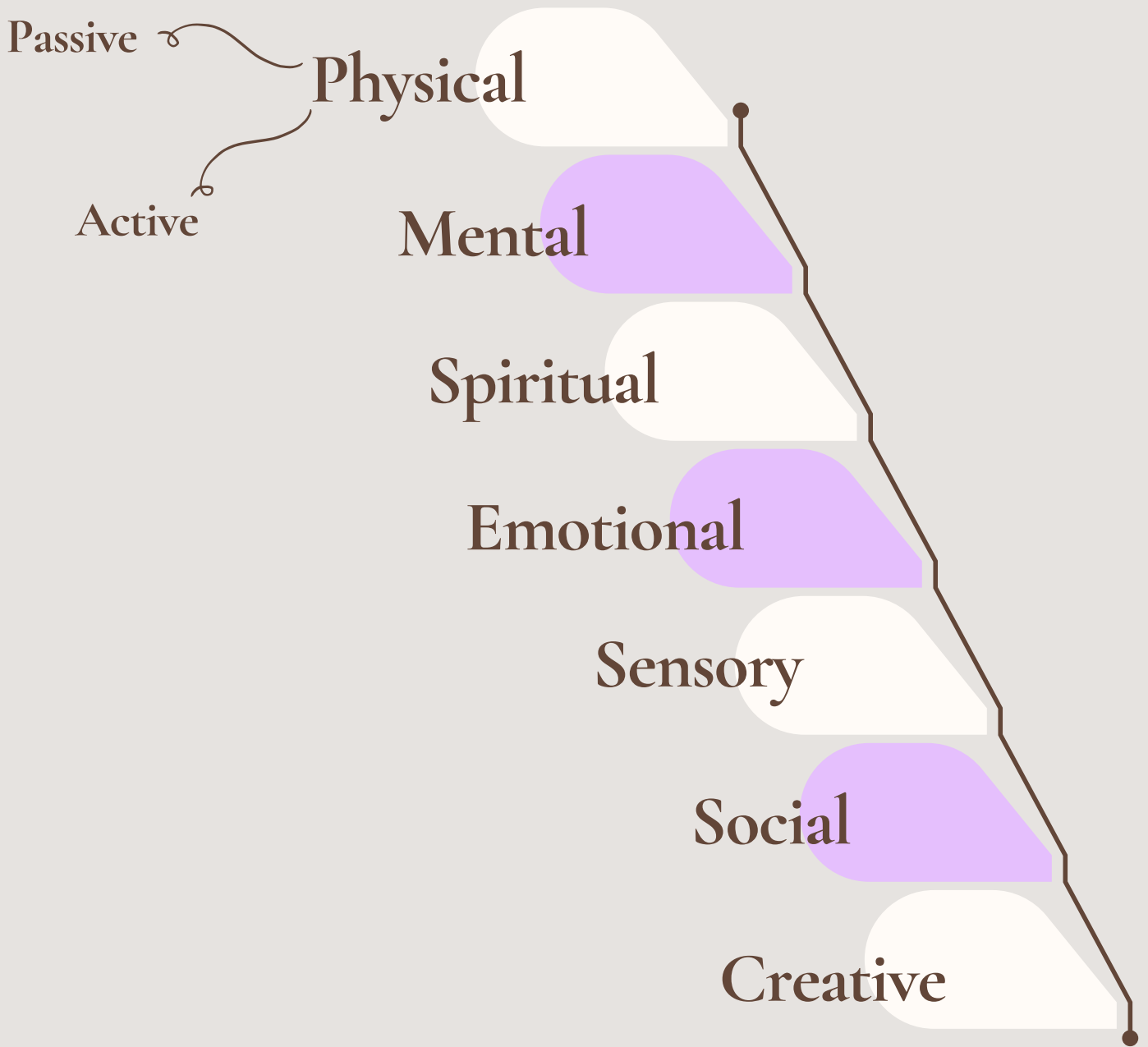
Shutting your brain off can provide some rest in certain situations, but it's just one of the seven forms of rest that help us to function as humans.

"Resting makes me anxious"

- Maybe you're experiencing relaxation-induced anxiety
- You associate the feelings that accompany relaxation with a lack of control & this initiates a stress response so you avoid rest all together (it's much easier)
- More likely if you're someone who seeks worth in achievements or helping others
- May also occur as a means of avoiding feelings, thoughts & emotions
- If it's related to exercise & fear of taking a day off, remember the law of diminishing returns - you're actively stopping progress by not resting & recovering (aka it is very silly & unhelpful)



Types of rest



You're likely in need of better rest if you're tired all the time and feeling drained. It's probably not a nutrition deficit or a sleep deficit, but a rest deficit. Consider the following - how much rest do you create in each area of rest?

Physical

Your body deserves the nourishment of rest: sleep; restorative yoga

Mental

You're struggling with focus / quality of work / reactivity - give your brain a break: meditation; nature; fresh air; stillness

Spiritual

Connect with something higher than yourself: religion; meditation; altruism; volunteer - that sense of purpose

Emotional

Process your emotions - give them space: journal; speak to friends

Sensory

Unplug from external stimuli; turn off your phone; try indulging your senses with oils, silence / sounds, soft clothes

Social

Social connections can energise you or drain you - social rest might be connection with others or time alone

Creative

Reawaken the awe and wonder inside of you: walk in nature without your phone; colour; dance; write; read a fiction book

Intentional work + intentional
play + intentional rest = your
best self

Do you get enough rest?

Journal prompts:

- What types of rest practices do you make time for regularly?
- Do you know how your body and brain signal that you need rest?
 - What stops you from noticing these?
 - What stops you from listening to these?
- What stops you from resting?
- What stories do you tell yourself about taking rest?
- How would you show up with adequate rest?



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