




@kidshelpline

YOUR GUIDE TO DIFFERENT TYPES OF REST





EXAMPLES OF **PHYSICAL** REST

- Lounging on the couch
 - Relaxation
 - Sleep
 - Deep breathing
 - Gentle stretching
 - Gentle massage
- 



EXAMPLES OF **MENTAL** REST

- Mindfulness
- Meditation
- Day dreaming
- Getting absorbed in something you love (flow)
- Escapism, e.g. gaming, reading


A decorative border at the top and bottom of the page features various icons: a yellow lightbulb, a red heart with the number '1', a white speaker icon, a yellow circular Snapchat logo, a red YouTube play button, and a purple and pink Instagram logo. The background is a dark purple with a wavy, textured pattern.

EXAMPLES OF **SENSORY** REST

- **Silence**
- **Closing your eyes**
- **Being in nature**
- **Turning off screens/all tech**
- **Self-care, e.g. eating healthy foods**



EXAMPLES OF **CREATIVE** REST

- 'Wasting time'
 - Doing nothing
 - Being alone with your thoughts
 - Creating to express and enjoy, rather than achieve, e.g. improvise a new song for your ears only
- 



EXAMPLES OF **EMOTIONAL** REST

- Meditation
- Going on holidays
- Exercising
- Routines (these put us in auto-pilot neutral)
- De-stress by doing things you enjoy



EXAMPLES OF **SOCIAL** REST

- Setting boundaries with friends
- Cancelling plans
- Alone time
- 'Me' time
- Hanging with your pet



**Just
Breathe**

EXAMPLES OF **SPIRITUAL** REST

- Meditation
- Praying
- Journaling/storytelling
- Engaging in rituals
- Spending time in nature



**Just
Breathe**