

# Self- Compassion and Self-care

## SEVEN TYPES OF REST ACTIVITY

*This toolkit was co-developed by MGA WPA in collaboration with Give an Hour, a national nonprofit whose trauma-informed mental health frameworks informed the structure and tools included.*

*For more information visit [GiveAnHour.org/ContactUs](https://GiveAnHour.org/ContactUs)*

# The *SEVEN* Types of Rest

Understanding different types of rest can help you recharge and maintain balance in your life. Read through each type of rest below, then reflect on how you currently incorporate these into your routine and where you might need more.



## Physical Rest

This involves giving your body a break from physical exertion. It includes passive physical rest, like sleep and napping, as well as active physical rest, such as gentle activities like yoga, stretching, or massages.



## Mental Rest

This type of rest helps calm a busy mind. Techniques such as taking short breaks throughout the day, practicing thought diffusion, or journaling before bed can help ease mental fatigue.



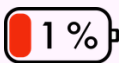
## Sensory Rest

In our overstimulated world, sensory rest is crucial. It involves taking intentional breaks from sensory input, such as reducing screen time, spending time in quiet environments, or practicing grounding exercises.



## Emotional Rest

Emotional rest allows you to express your true feelings and be authentic. It involves creating space to share your emotions openly and surrounding yourself with supportive people who provide emotional peace.



## Social Rest

Understanding your social energy needs is key. Whether you're an introvert or an extrovert, it's important to recognize when to recharge your social battery, especially in interactions that drain your energy.



## Creative Rest

This type of rest is especially important for those in creative fields. It involves allowing yourself to be inspired without the pressure to produce. Spending time in nature or stepping away from projects can help rejuvenate creative energy.



## Spiritual Rest

Spiritual rest involves connecting with something greater than yourself. This could mean engaging in prayer, meditation, or participating in community or spiritual activities that give you a sense of purpose and belonging.

# Taking *Inventory* of My Current Rest Habits

This worksheet will help you reflect on your current rest habits across the seven types of rest. By identifying what you're already doing well and where there may be gaps, you can develop a more balanced approach to rest.

## Physical Rest

How much sleep do I get each night? \_\_ Hours

Do I take naps or breaks when needed? (Circle one) Yes / No

How often do I engage in physical activities (walking/yoga/workout)? \_\_ Times per week

What physical relaxation techniques do I practice? (e.g., deep breathing, massages)

Is my body getting enough rest? What changes can I make?

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## Mental Rest

Do I experience racing thoughts or mental fatigue?

(Circle one) Often / Sometimes / Rarely

Do I take breaks during the day to rest my mind? Yes / No

Do I practice any mental rest techniques, like thought diffusion or journaling? Yes / No

How can I better support my mind in resting and recharging?

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## Sensory Rest

How much time do I spend in front of screens daily? \_\_ Hours

Do I take breaks from sensory input (e.g., noise, bright lights)? Yes / No

What practices do I use to reduce sensory overload? (e.g., grounding exercises, quiet time)

Am I allowing my senses enough time to rest? What can I adjust?

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## Emotional Rest

Do I feel comfortable expressing my true feelings?

(Circle one) Often / Sometimes / Rarely

Do I have a support system to share my emotions with? Yes / No

How often do I suppress my emotions to avoid conflict or discomfort? \_\_ Times per week

Do I take on the emotional load of other people?

(Circle one) Often / Sometimes / Rarely

How can I create more opportunities for emotional rest in my life?

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## Social Rest

Do I feel drained after social interactions?

(Circle one) Often / Sometimes / Rarely

How often do I take time alone to recharge? \_\_ Times per week

Do I feel pressure to socialize even when I don't have the energy? Yes / No

How can I balance social interactions with personal recharge time?

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## Creative Rest

Do I feel creatively inspired or blocked?

(Circle one) Inspired / Blocked

How often do I engage with sources of creative inspiration (e.g., nature, music, art)? \_\_  
Times per week

Do I allow myself unstructured time to rest from creative tasks? Yes / No

What can I do to better support my creative rest?

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## Spiritual Rest

Do I feel connected to something greater than myself? Yes / No

Do I engage in spiritual or meaningful activities (e.g., prayer, meditation, community involvement)? Yes / No

How often do I reflect on my values and purpose? \_\_ Times per week

What activities help me feel a sense of peace and purpose?

How can I create more space for spiritual rest in my life?

**Final Reflection:**

Take a moment to look over your responses. What did you discover?

Which type of rest do I depend on the most?

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Which type of rest do I shy away from or avoid?

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Which type of rest do I feel I need the most right now?

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What is one small action I can take this week to improve my rest in this area?

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What is one habit I already do well that I can maintain or enhance?

**Action Plan:**

Identify one type of rest you need more of in your life.

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Write down one small action you can take this week to improve your rest in that area.

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Choose one area of rest to focus on for the next week.

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Write down a small, realistic action to support that area.

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Revisit this worksheet in a few weeks to reflect on your progress.

# Self-Care Audit

## Deepening Self-Care Reflection Worksheet

### Step 1: Identify Your Habit

Write down one self-care habit you currently practice at work (e.g., “I step away from my computer for a short break, take deep breaths, and drink water.”).

My self-care habit:

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### Step 2: Digging Deeper

#### 1. Purpose & Motivation

Why do I do this? (Is it to reduce stress, improve focus, reset my emotions?)

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Does this habit actually help me feel better, or do I still feel drained after?

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Is this something I do consistently, or only when I'm already overwhelmed?

Who is someone I'm grateful for at work, and why?

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What is one thing another team member does that makes me feel more connected?

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# Self-Care Audit

## 2. What's Missing?

Is this habit enough to recharge me, or is there something else I need?

Do I feel guilty when I take this time for myself?

Could I make this more effective? (e.g., adding movement, going outside, disconnecting from screens?)

What I could improve:

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## 3. How Can I Expand This?

Where else in my day could I create intentional space for self-care?

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Are there moments where I don't take care of myself but probably should?

What's one small but meaningful way I could deepen this habit?

How I can build on this:

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## Step 3: Peer Discussion

Swap worksheets with a partner.

Ask your partner one question that helps them think deeper about their self-care habit.

Share one takeaway from your discussion.

Key Takeaways:

Self-care should be purposeful, not just routine.

Small tweaks can make a habit more effective.

Expanding self-care beyond crisis mode makes it sustainable.

Gratitude and connection enhance well-being and motivation

# The SEVEN Types of Rest

## My Self-Care Toolbox!



### Physical Rest

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### Mental Rest

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### Sensory Rest

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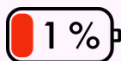
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### Emotional Rest

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### Social Rest

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### Creative Rest

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### Spiritual Rest

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