



The Wellness Program

Month 5

Be a Self Care Detective

Create a self-care plan that reflects restorative activities tailored to you.

Part 1: reflect on the 7 types of rest and identify your rest deficits.

Part 2: identify self-care activities that align with your rest deficits.

Part 3: after engaging in your selected self-care activities, take note of how you feel. Decide if you want to “keep it” or “toss it” and build a plan.

Coach NB invites you to post a video of yourself engaging in one of your self-care activities. OR Send Coach NB a picture of your self care plan / the self-care activities you plan on trying!

Exhaustion is a serious concern for many coaches, and unfortunately, sleep alone doesn't fix the issue. In fact, only focusing on sleep may increase burnout because other key areas of rest have not been attended to. Most people think that rest is either about sleep or taking the day off by “lounging around” and doing something mindless. However, if you've ever found yourself still feeling tired after a full night's sleep, feeling drained after cancelling plans and spending the day watching TV, or snapping at family and friends even after taking the day off, chances are you've encountered a rest deficit.

Part 1: getting the proper type of rest requires a little bit of detective work. That is, you need to identify what, exactly, you're missing. Feel free to take the free online assessment (or read on) if you want to discover your biggest rest deficits. <https://www.restquiz.com/quiz/rest-quiz-test/>

Part 2: now that you know a little more about the 7 types of rest, come up with a list of self-care activities in which you would like to engage. A few notes to take into consideration, (1) the activities you choose should be ones that you enjoy, (2) think about where you are likely to experience the deficit and make sure you can engage in the activity while you are in that environment, and (3) some activities may touch on a few types of rest – it is okay to engage in the activity even if it is not specific to one of your rest deficits.

Part 3: after identifying self-care activities that you would like to try, engage in them as you see fit. However, take a few minutes to reflect after each self-care activity. Specifically, measure how energized/rested you feel after the activity, how much you enjoyed it, and how easy it was for you to engage in. Once you have reflected you should have a better idea of the activity you want to keep (the ones that will make up your tailored self-care plan) and the ones you want to leave behind (that don't necessarily align with your individual self-care plan).

Physical Rest: the act of relieving the body of physical stresses.

Signs you're in need of physical rest:

- physical exhaustion, struggling to keep your eyes open, abnormal aches and pains in the body, swelling in the legs and feet, and spasms along the back.

Passive physical rest strategies:

- napping and sleeping (consider going to bed 30 minutes earlier, or choosing to "be still" on purpose for five minutes while in a comfortable position)

Active physical rest strategies:

- restorative exercises that improve your body's circulation and flexibility (yoga, stretching, and massage therapy). Taking deep breaths or adding movement breaks (roll your neck, clench and unclench your hands, or stand up and rock on your heels) into your day.

Mental Rest: the act of forcing your brain to stop working hard and give it some time to process information, make connections, and engage in experiences.

Signs you're in need of mental rest:

- staring at the same thing for 10 minutes, lack of concentration, incoherent trains of thought / incomprehensible conversations or emails, excessively negative or judgmental thoughts, thoughts racing uncontrollably, feeling irritable and forgetful.

Mental rest strategies:

- turn off your screens and take a few moments to ground yourself, adding a meditation break into your day, repeating a calming mantra, scheduling short breaks (the recommended interval is a 5 minute "distraction break" for every 25 minutes of focus), keeping a notepad, journal, or sticky notes nearby to jot down nagging thoughts that keep your mind racing when it should be resting.

Spiritual Rest: the act of drawing meaning and purpose from your life and feeling connected to others and the world around you.

Signs you're in need of spiritual rest:

- feeling afloat, unanchored, and alone. Feeling like you do not belong, that your actions lack purpose, or that your work isn't meaningful.

Spiritual rest strategies:

- connect with something that is meaningful to you (through prayer, meditation, volunteerism, or acts of service), incorporate a moment of gratitude into your day.

Social Rest: the act of engaging in restorative social activities.

Signs you're in need of social rest:

- feeling drained after an interaction, constantly comparing or competing with others during conversations, losing your sense of self, leaving social encounters feeling as though you have not contributed (but could have) or as though nothing meaningful was accomplished, getting lost or easily distracted during a conversation with others.

Social rest strategies:

- talking to people with whom you have things in common, but who you don't have to compete with, catching up with an old friend, or even taking a night off from socializing and reconnecting with yourself. When possible, consider varying the methods you use for social activities - in person, virtual, over the phone, etc.

Creative Rest: the act of appreciating beauty in any form and allowing it to inspire and excite us.

Signs you're in need of creative rest:

- you've engaged in creativity draining tasks throughout your day (brainstorming, playing with children, assembling furniture, party or event planning, produced art or created content, etc.), having a hard time being innovative, finding problem solving challenging, going through the motions, completing something without thought or care.

Creative rest strategies:

- surround yourself with things that interest and inspire you, go for a walk outdoors. transform your area into a space for inspiration, experiment with something new.

Emotional Rest: the act of taking time and space to process, experience, sit with, and express your authentic feelings and emotions.

Signs you need emotional rest:

- your tolerance for strong feelings is a lot lower than it used to be, you lose your temper more easily, you reach the tears threshold faster than usual, or you may be so overwhelmed with your emotions that you become unable to identify what you are feeling. Your need for emotional rest might also manifest as physical tiredness, distraction, and lack of motivation.

Emotional rest strategies:

- offloading your feelings to a willing listener, or by writing in a journal. The key is to offload without judgment, so brief the listener that you are looking to vent rather than searching for solutions or prepare yourself to do some free writing and note anything and everything that pops into your mind during a designated journaling window. You can also give yourself space (where you don't have to react to others' emotions) and where you can be alone to process your own.

Sensory Rest: the act of tuning out the sensory information we are being presented with

Signs you're in need of sensory rest:

- eye strain and neck tension, becoming more quickly agitated, irritated, or frustrated than usual, and becoming more easily distracted or acutely sensitive to any sensory stimulation (sights, smells, sounds, tastes, and touches).

Sensory rest strategies:

- putting aside the technology and stepping outside for fresh air, checking in with yourself before reaching for the remote, closing your eyes for a few moments or intentionally focusing your attention to only one sense for a brief period of time.