

# slow down to go fast

8 ways to rest

HI, I AM REBELLA



# **#1 passive physical rest**

includes sleeping and napping



## #2 active physical rest

restorative activities such as yoga, stretching and massage therapy that help improve the body's circulation and flexibility



## **#3 mental rest**

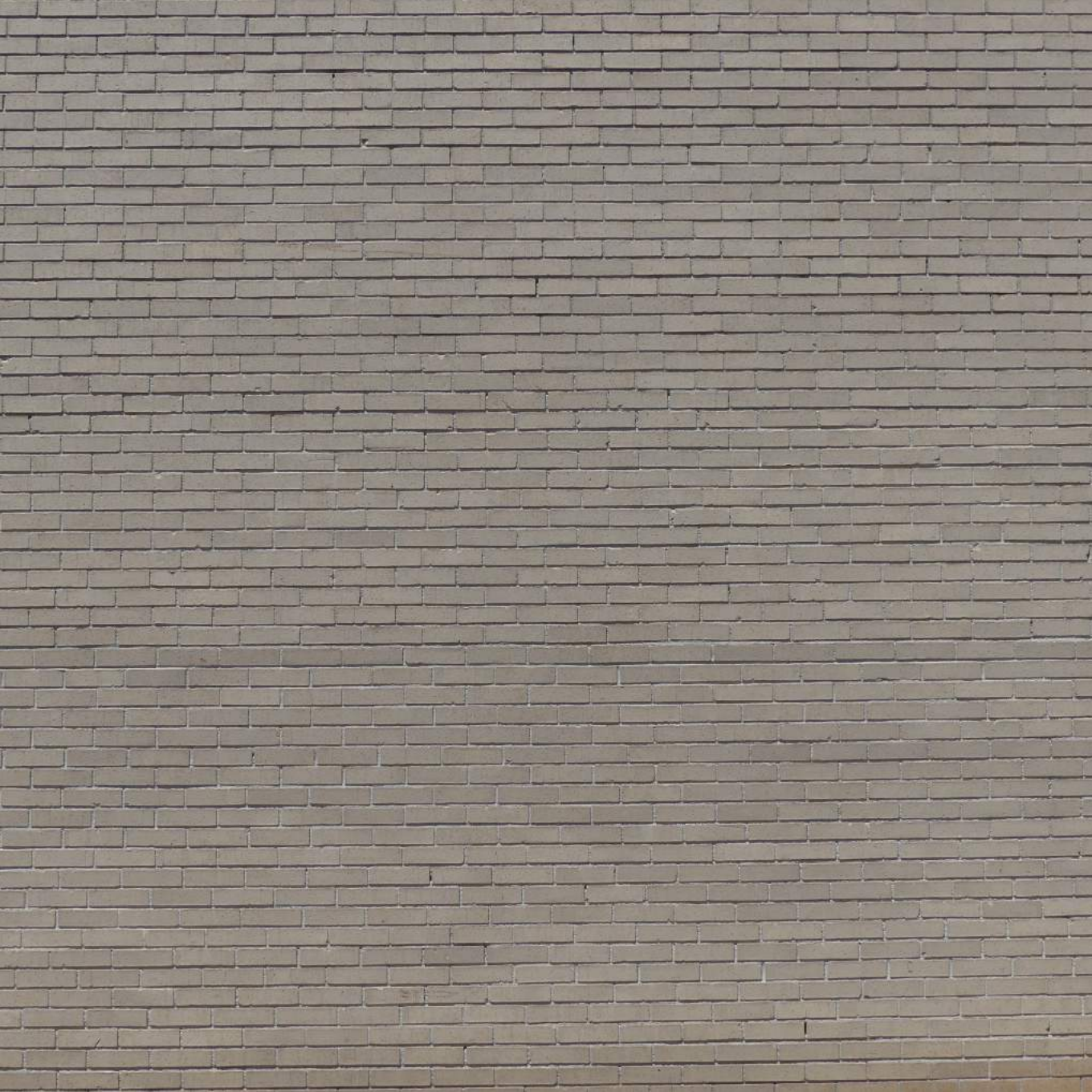
taking a break from the constant chatter in your brain and embracing cerebral stillness and quiet





## **#4 sensory rest**

downgrade the endless onslaught of sensory input received from electronics, fragrances, and background noise



## **#5 creative rest**

taking an intentional break from synthesizing, producing, or solving of any kind



## **#6 emotional rest**

having the time and space to freely express your feelings and cut back on people pleasing. having the courage to be authentic



## **#7 social rest**

the wisdom to recognize relationships that revive from ones that exhaust and knowing how to limit exposure to toxic people





## #8 spiritual rest

the ability to connect beyond the physical and mental and feel a deep sense of belonging, love, acceptance, and purpose



hi, i am reBella

a catalyst for innovation

energising. hands on. effective. empowering. fun.

