



HEALTHY@HARRIS
Caring for ourselves so we can care for others

Rest: Renew Your Energy

Taught by the Healthy@Harris
Employee Wellness Team

HARRISHEALTH SYSTEM

Healthy@Harris Employee Wellness Team



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How do you usually feel when you wake up?

- A) Completely refreshed!
- B) Still tired

What is rest?

- Sleep and rest are different.
- Sleep is part of rest.
- Rest helps us to recover from physical and mental effort.
- Rest does not require a lot of time or disengagement.
- Rest can be active or passive.



The Rest Test

**Our
perception of
rest matters!**

- The largest study on rest – over 18,000 participants from 134 countries!
- Survey to find out people's resting habits and attitudes towards relaxation and busyness
- People who felt rested reported higher well-being

Why do we need rest?

Rest improves:

- Memory
- Concentration
- Mental health & well-being

**Rest is
important and
necessary.**

Tips for Resting

- Choose something you enjoy
- Notice what makes you feel good
- Reframe “wasted” time as rest time
- “Prescribe” rest and work it into your schedule
- Micro-breaks matter!
- Accept that your to-do list will always be there

Types of Rest

- Physical
- Mental
- Emotional
- Social
- Creative
- Sensory
- Spiritual

Physical Rest

Resting your body.

Examples:

- Passive
 - Sleeping or napping
- Active
 - Yoga
 - Stretching
 - Walking or running
 - Massage therapy



Mental Rest

Calming your mind.

Examples:

- Take micro-breaks throughout the day
- Take time off from work
- Write down thoughts keeping you awake

What helps you quiet your thoughts?

Emotional Rest

Being your true, authentic self.

Examples:

- Freely expressing your feelings
- Reducing people-pleasing

Social Rest

Feeling supported, loved and allowing alone time.

Examples:

- Surround yourself with supportive people
- Use audio-only instead of video for meetings or connecting with others

Who are the people in your life who rejuvenate you?

Creative Rest

Letting your mind explore; surrounding yourself with inspiration & beauty

Examples:

- Daydreaming
- Spending time in nature
- Eliciting awe
- Allowing your mind to wander
- Blocking time to focus
- Walking

Sensory Rest

Shutting down your senses.

Examples:

- Find intentional moments of sensory deprivation
- Close your eyes or blinds
- Unplug
- Find a quiet place

What are your signs of sensory overload?

Spiritual Rest

Feeling a deep sense of belonging, love, acceptance and purpose

Examples:

- Meditation
- Volunteering
- Prayer

Activity

- **POLL:** Which type of rest do you feel that you need the most?
- What is one thing you can do to recharge your energy in that area?

Top 10 Most Restful Activities

1. Reading
2. Being in nature
3. Being on your own
4. Listening to music
5. Doing nothing in particular
6. Walking
7. Taking a bath or shower
8. Daydreaming
9. Watching TV
10. Meditating or practicing mindfulness



Resources

Podcasts

- [Talks at Google – The Art of Rest with Claudia Hammond](#)
- [TEDx – The Real Reason Why We Are Tired and What to Do About It with Dr. Sandra Dalton-Smith](#)
- [About The Rest Test and Results](#)

Stress Management and Counseling

- Employee Assistance Program
 - Online: www.feieap.com
 - Username: hhs
- Cigna Behavioral Health
 - Visit myCigna.com or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at 800.274.7603.
 - Go to Cignabehavioral.com for extra resources.
- Coaching
 - Telephonic health coaching: 855-246-1873
 - Onsite health coaching: Contact Latecia Murphy
 - 713-873-6407 or Latecia.Murphy@harrishealth.org
- Well Powered Living Class Series
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.

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#6 in America



#1 in Texas

