



Rest: Renew Your Energy

Taught by the Healthy@Harris Employee Wellness Team

HARRISHEALTH SYSTEM

Healthy@Harris Employee Wellness Team



Michele Hunnicutt, MSHP, CHES, CWWPC Director of Employee Wellness & EAP Harris Health System



Courtney Karam, MPH, CHES Sr. Employee Wellness Coordinator Harris Health System



Ellen Ogedegbe, M.Ed., CHES, CWC Employee Wellness Coordinator Harris Health System



Haley Love, MPH, CHES Employee Wellness Coordinator Harris Health System



Latecia Murphy, M Ed, RN, BSN, CHES Cigna Onsite RN Health Coach Cigna



Leah Garcia CampbellSr. Client Engagement Manager
Cigna



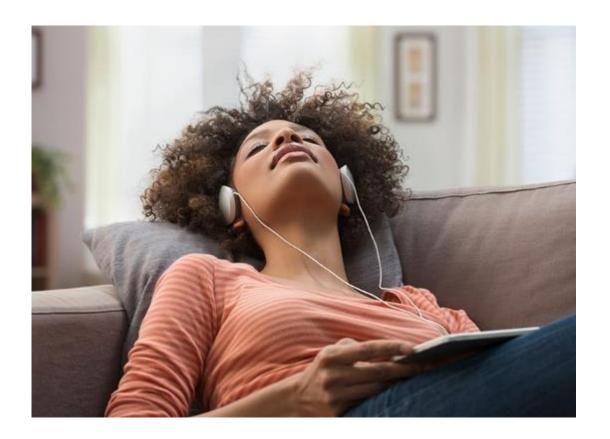
Crystal CunninghamOnsite Client Service Partner
Cigna

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 & wellbeing

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.

- 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.

- 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

- 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

- 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

- 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.
 Saundra 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 <u>myCigna.com</u> or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at 800.274.7603.
 - Go to <u>Cignabehavioral.com</u> 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.



346-426-1597

employeewellness@harrishealth.org

Visit our website!











