

The Oaks Wellness Model

Rest Worksheet



Welcome!! In this course, we hope you will learn about the importance of rest on your mental and physical well-being as well as learn some strategies for improving your rest and sleep habits.

Take a moment here to reflect on the following questions:

When does your body rest?

When does your body relax?

Like Michelle mentioned, it is important to rest in a _____ and _____ environment with _____.

What Does it Mean to Relax?

"Resting is when our whole body is in a _____ state."

What does a present state look like? Write what Michelle describes in your own words:

It is okay if your rest looks different from others. Being aware of what works for you and making choices that benefit your mind and body is more important than comparing your version of rest with someone else's. Take some time to reflect on what you need your rest to look like.

Why is it Important to Relax?

Look closer at the word "restore." Can you see the word "rest" inside of it? Rest is an important part of how our bodies and minds function properly. Rest brings our bodies back to a non-aroused state, which means that our stress hormones decrease. As your stress hormones decrease, tasks that require concentration, focus, and energy become easier to complete. Rest benefits our bodies, minds, and even our souls.

"Regardless of how _____ we are, it is important to _____."

What are the Benefits of Relaxing?

Many people believe that rest is a waste of time; however, taking time to relax and rest has many benefits. Resting helps manage physical and mental health problems, decreases stress and tension, restores the body and mind, eases the difficulty of tasks, and regenerates energy in the body.

How Long and When to Rest?

Now that you can see the benefits of resting & relaxing, you can begin to think about taking time to fit rest into your schedule. It is recommended that you rest for _____ minutes every day, at a time where you won't be interrupted or distracted. Take a moment here to reflect on when it would be a good time for you to rest and record your thoughts in the space provided.

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Take some time here to write down two of the **strategies** you will use to help your body and mind rest intentionally.

Just like rest, **sleep** is very important for your well-being. Whether or not you realize it, the sleep habits you have impact your physical and mental health. Sleep affects your diet, exercise, work performance, and even your relationships. After hearing Michelle share some sleep statistics, take a moment to reflect on whether or not you identify with any of them.

Benefits of Sleep?

"Sleep helps regulate our _____ and _____. Sleep also helps regulate our _____ and _____ processes."

Take a moment to write some of the other benefits of sleep.

Before we move on, take a moment to reflect on your "**wellness why**" that you have chosen to help motivate you to reach your wellness goals. Remember your "wellness why" as you continue to think about how you can choose to integrate sleep and rest into your life.

How to Change Sleep Habits?

After listening to Michelle share some strategies for improving your sleep, take some time to choose 3 tips that you can do in your life.

- avoid sugar & caffeine (after 3pm) before bed
- stretch before bed
- avoid electronics in sleeping environment (turn them off 15-20 minutes before bed)
- keep your naps short & early in the day
- start your day with exercise
- avoid alcohol before bed
- spend time outdoors during the day to get some sunshine
- avoid difficult conversations before bed
- create a bedtime routine (& stick to it)

Now that we have explored the benefits of **sleep** and **rest**, we hope that you have come to a greater understanding of how rest and sleep are wonderful ways to take care of your body and mind. Friend, you are worth taking care of!

Remember, one small change can make a big impact on your life. We hope that you are walking away with some practical strategies for strengthening the "rest" spoke on your wellness wheel so that you can **THRIVE!** You are well on your way to wellness!