

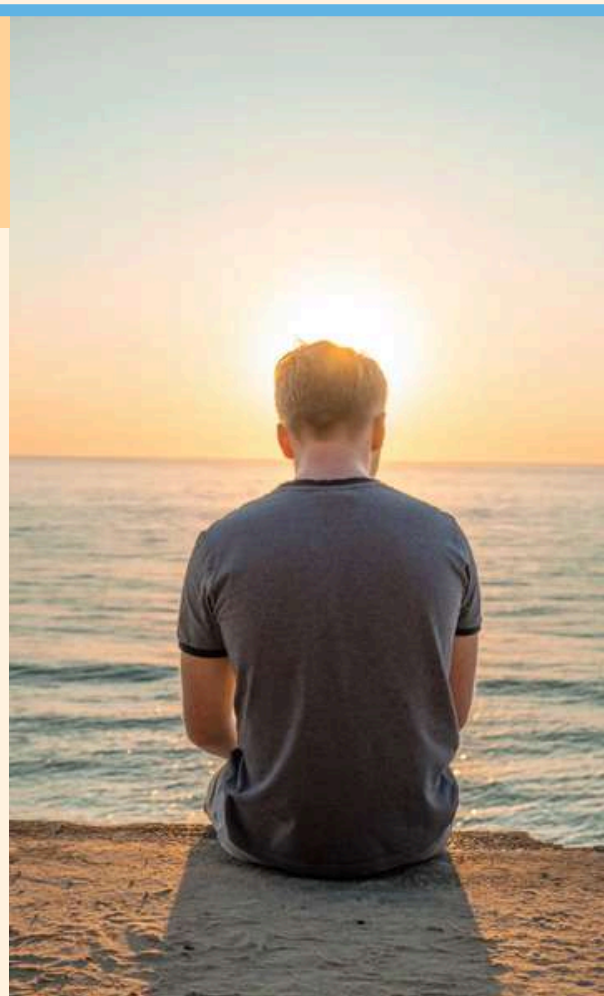
TRAINING MANUAL

For young people



**Co-funded by
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



INDEX

01

Introduction

26

Creative Rest

03

Physical Rest

35

Emotional Rest

10

Mental Rest

45

Social Rest

18

Sensory Rest

54

Spiritual Rest

63

Summary

INTRO

Hey there! Are you feeling overwhelmed, stressed, or just plain exhausted? You're not alone, and we've got just the thing to help you out. Our project is all about making life better for young people like you by introducing the seven different types of rest that are essential for a healthy and fulfilling lifestyle.

We know that true rest is key to feeling your best, and we've identified seven types of rest that everyone needs:



Physical Rest
Mental Rest
Emotional Rest
Spiritual Rest
Social Rest
Sensory Rest
Creative Rest

Learning about these and figuring out what's missing in your life, you'll see a huge boost in everything you do.

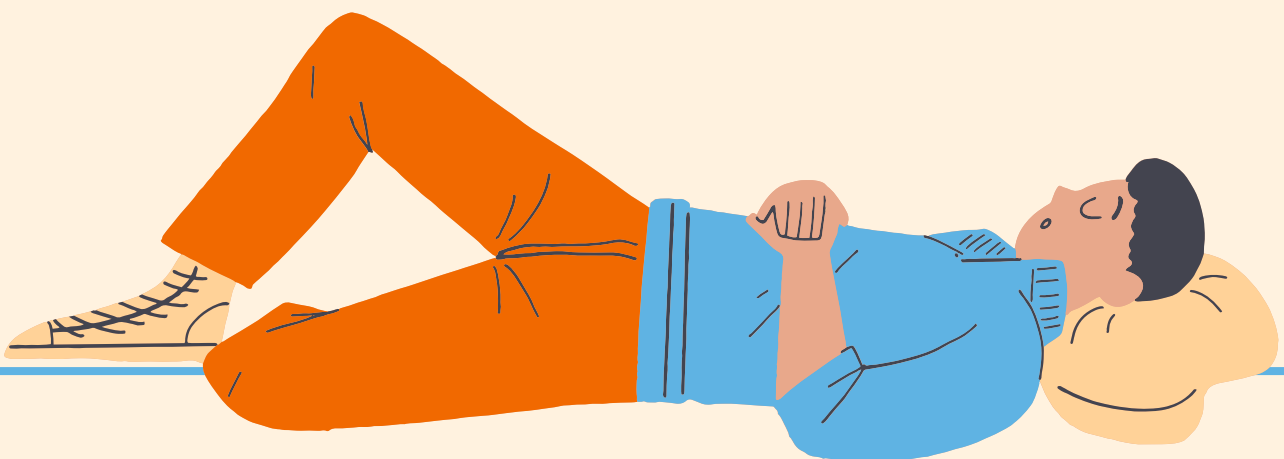
INTRO

Not only will this knowledge help you feel more balanced and energized, but it will also make you more employable.

Imagine being able to focus better, stay motivated, and respect the rest you deserve—all while achieving your goals!

Our manual is here to guide you, with each chapter dedicated to one of the seven types of rest. It's packed with tips and tricks to help you incorporate these essential rest types into your daily routine.

Let's get started on this journey to a more rested, more awesome you!



1

PHYSICAL REST

It took time to
understand my body and
to know how to prepare
for a match, and how to
recover after a match



Lionel Messi

PHYSICAL

1

WHAT IS PHYSICAL REST?

This type of rest is all about giving your body a break.

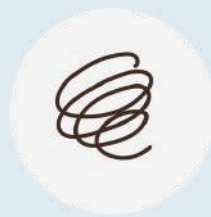
It's not just about the amount of sleep you get, even though that's super important. It's about how your body recharges its battery. That could be anything from stretching, movement or just chilling out on the sofa.



PHYSICAL

HOW DO I KNOW THAT I NEED PHYSICAL REST?

- **Constantly Feeling Tired:** You always seem to feel tired even after having a good night's sleep and you're struggling to get out of bed in the morning.
- **Body Aches and Pains:** Your body feels sore and sluggish throughout the day and you feel like you are just dragging yourself around.
- **Losing Interest In Activities:** You feel too tired to engage in activities that you usually enjoy.



PHYSICAL

HOW CAN PHYSICAL REST HELP ME?

- **Improved Energy Levels:** Physical rest helps to recharge your body, so you don't feel tired all the time. Just like charging your phone, your body needs a boost too.



- **Improves Physical Health:** Without enough rest, your muscles and body can get overworked. Proper rest reduces the risk of injury which is really helpful if you're into sports or other physical activities. It's good for your immune system too, so you don't get sick so easily.

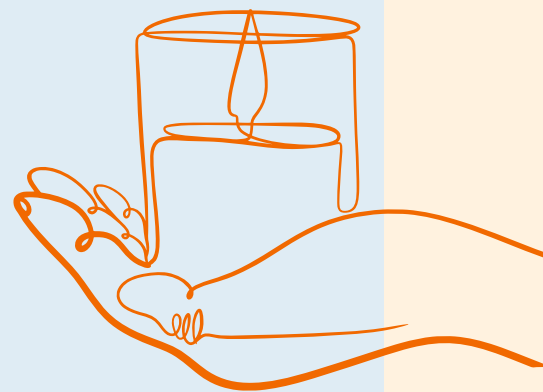


- **Better Sleep:** When your body gets enough rest, you sleep better and wake up feeling refreshed.

PHYSICAL

WHAT CAN I DO TO HELP?

- **Sleep Hygiene:** Just like we have good physical hygiene we need good sleep hygiene. This means sticking with a sleep schedule, that is - going to bed and getting up at the same time every day. Put screens away at least 30 mins before sleep time. Spend time winding down before bedtime
- **Creating a quiet space:** Having a space where you can relax and enjoy a calming activity or exercise such as listening to music, reading or doing something creative.
- **Light Physical Activity:** Do some gentle exercises that can relax muscles and release tension after a long day of school or sports.



PHYSICAL

IS THERE SOMETHING MORE I CAN DO?

·Yoga and stretching: These are excellent activities for physical rest because they help relax muscles, improve flexibility, and calm the mind. Yoga videos or apps can be really helpful.

·Breathing exercises and meditation: These help your body physically relax by slowing down your heart rate and calming your body. Use apps like Headspace or Calm, which have guided sessions designed especially for young people.

·Reading or listening to audiobooks: Interesting books is great way to get some physical rest while keeping your mind engaged.

·Doing some creative activities: Engaging in activities like drawing, painting or crafting, helps your body to physically rest while still keeping your mind active.



PHYSICAL

“

Rest and recovery is just as important as the work itself. You have to listen to your body and know when to take a step back

Serena Williams

2

MENTAL REST

We have to protect our mind and our body, rather than just going out there and doing what the world wants us to do



Simone Biles

WHAT IS MENTAL REST?

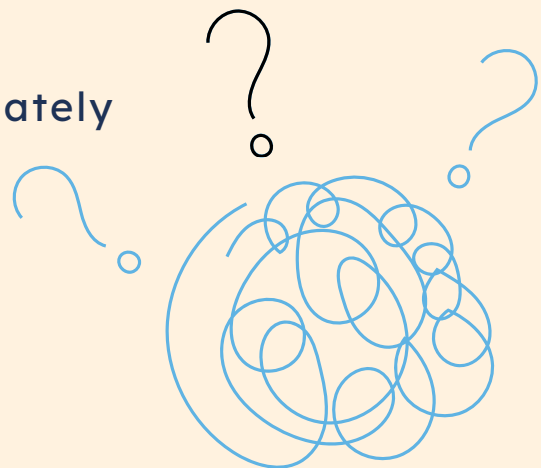
Does your brain ever feel like it has run a marathon?

If so, then you may need a mental rest.

Experts tell us we have approximately 70,000 thoughts a day

That's a lot of thinking.

No wonder our brains are exhausted!!



Taking a breather from all that thinking can help to clear your head.

MENTAL

HOW DO I KNOW THAT I NEED MENTAL REST?

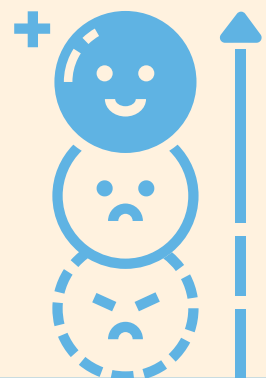
- **Difficulty Concentrating:** Maybe sometimes you find it hard to focus on schoolwork or other tasks, often feeling like your brain is "foggy."
- **Overthinking:** You might notice that your mind is constantly racing, or you can't seem to stop thinking, even when you're trying to relax.
- **Increased Irritability:** Have you recently begun to feel anger or frustration over small things? This could mean that you are mentally exhausted.



MENTAL

HOW CAN MENTAL REST HELP ME?

- **Helps You To Focus:** Taking a brain break helps you stay focused and makes it easier to tackle schoolwork or other tasks without feeling overwhelmed.
- **Reduces Stress and Anxiety:** Taking short mental breaks helps you chill out and feel less stressed, so your mind becomes calmer and clearer.
- **Helps With Decision Making:** When your brain is rested, it's easier to make good choices and think things through.
- **Boosts Memory:** Mental rest helps your brain remember information better, which is especially helpful when studying for exams or remembering important details.
- **Improves Overall Mood:** Taking brain breaks helps reset your emotions, helping you to have a brighter mood and feel more positive overall.



MENTAL

WHAT CAN I DO TO HELP?

- **Take Short Breaks:** Stepping away from study or screens for just 5–10 minutes can give your brain a much-needed rest. Grab a snack and walk around for a few minutes, if possible, go outside and get some fresh air. It can really help refresh your mind.
- **Daydream or Let Your Mind Wander:** Daydreaming helps your brain rest by letting it flow freely. Gaze out a window, noticing nature or clouds in the sky and relax without focusing on any specific thoughts.
- **Just Breathe:** Just sit quietly for a few minutes and focus on your breathing. Taking some deep belly breaths can really help reset your mind.



MENTAL

WHAT CAN I DO TO HELP?

Write It Down: If you're overwhelmed with thoughts or things to do, writing it down can help free up mental space. Take a piece of paper or a note page on your phone and jot down everything that's bothering you whether it's your feelings, a to-do list, or random thoughts. This helps clear your mind.



Take A Digital Break: Screens, notifications, and constant social media updates can really overload your brain. Turn off your phone or computer or put it out of reach, even for a short while and do something non-digital, like reading or listening to music.



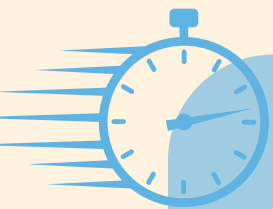
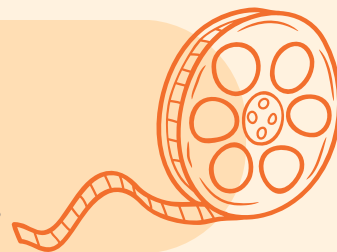
MENTAL

IS THERE SOMETHING MORE I CAN DO?



Listen to Music or Podcasts: Create a playlist of your favourite songs or fun podcasts. Listening to music or interesting podcasts allows your brain to take a break from thinking and stress.

Watch a Feel-Good Show Or Movie: Watching a feel-good movie can help you mentally unwind by focusing on something enjoyable and relaxing.



Spend Time With Your Pet: Spending time with your pets, whether it's walking your dog, cuddling the cat, or just watching your fish in its tank, helps reduce stress as you focus on something fun and calming.

Go For A Bike Ride, Skateboard or Jump On Your Trampoline: Physical movement like biking, trampolining or skateboarding gives your brain a break by focusing on movement and having fun.



MENTAL

“

When you learn to navigate and
manage your mind, you can
navigate and manage your life

Jay Shetty

3

SENSORY REST

Sometimes you have to step away from the noise and chaos to find your peace. Its ok to take a break and recharge your senses



Emma Watson

SENSORY

3

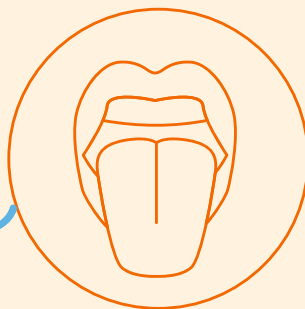
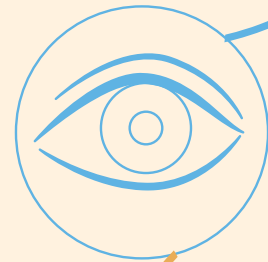
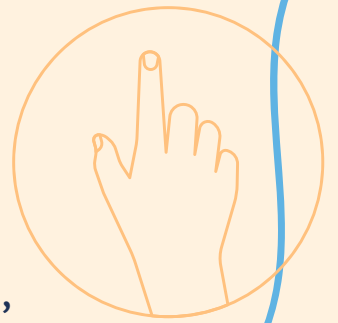
WHAT IS SENSORY REST?

Did you know your senses are constantly switched on, taking in everything around you—screen time, loud music, notifications, bright lights, conversations, different textures, and even strong smells?

All of this sensory input can start to feel overwhelming, especially when you're exposed to it for long periods of time.

For some young people, this constant sensory overload can lead to stress and irritability. That's why sensory rest is so important.

Taking a break from screens, loud environments, and busy spaces allows your brain to recharge.



SENSORY

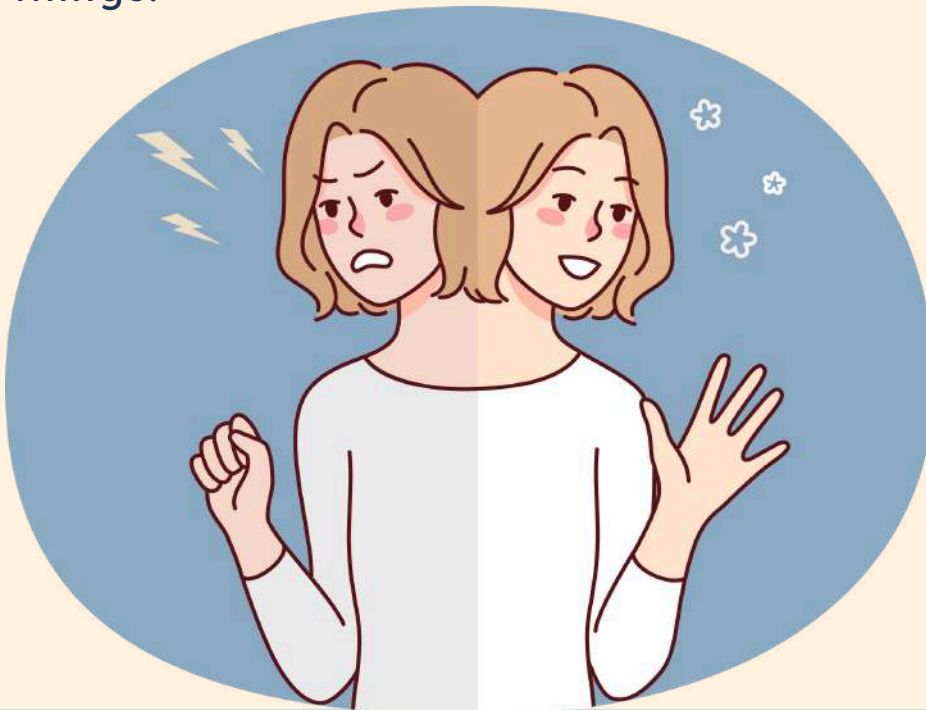
HOW DO I KNOW THAT I NEED SENSORY REST?

- **Easily Irritated by Noise:** Whether it's loud music, constant chatter at school, or background noise from TVs and devices, you might start feeling irritated and on edge. Even normal sounds can start to feel overwhelming. You might notice you're snapping at small sounds or feeling like you need silence to focus or relax.
- **Bright Lights Start to Bother You:** Constant notifications, messages, and bright lights from screens can make you feel drained and irritable. You might notice your eyes feel sore, you're getting headaches, or you're just mentally exhausted after long periods of screen time.
- **Irritated by Physical Touch:** Sometimes, after being in crowded places or around a lot of people, physical touch (like bumping into others or people standing too close) can become overwhelming and irritating. You feel uncomfortable with people being in your personal space or even with things like certain fabrics or textures against your skin.

SENSORY

HOW CAN SENSORY REST HELP ME?

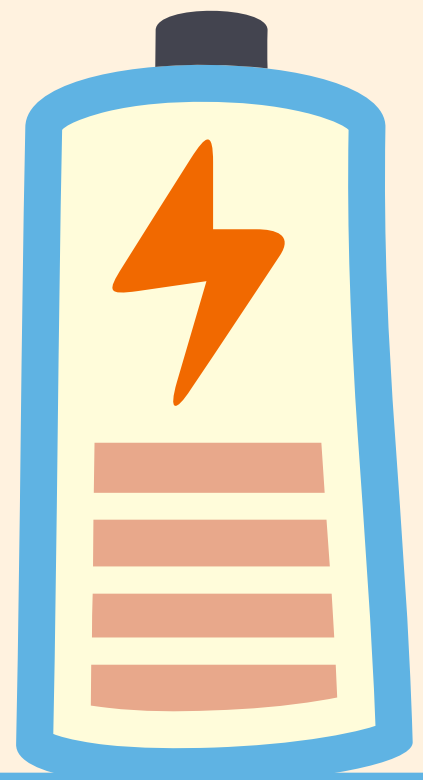
- **Feel Less Overwhelmed:** Taking a break from all the noise, bright screens, and constant notifications helps you feel less stressed. It gives your brain a chance to chill out, making it easier to feel calm and in control.
- **Improve Your Mood:** When you're not constantly surrounded by loud sounds or bright lights, you won't feel as easily irritated or frustrated with little things.



SENSORY

HOW CAN SENSORY REST HELP ME?

- **Focus Better and Get Stuff Done:** Cutting down on sensory distractions (like too much screen time) makes it easier to focus on what you're doing, and you'll get things done quicker and better when your brain isn't overloaded.
- **Less Anxiety:** When your senses aren't constantly overloaded, you're less likely to feel anxious or jumpy. Sensory rest helps calm your nervous system and makes you feel more at ease.
- **More Energy:** Giving your senses a break can actually help boost your energy levels, making you feel less drained and better able to tackle the day.



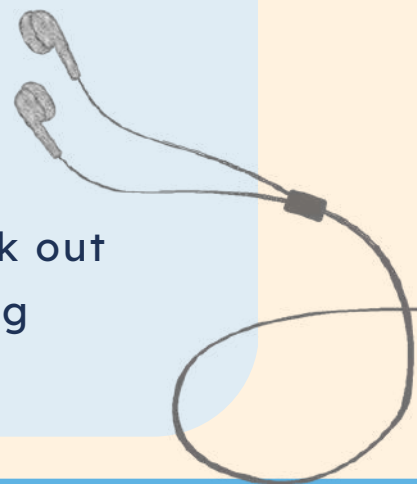
SENSORY

WHAT CAN I DO TO HELP?



Taking breaks from screens: Taking digital breaks especially before bed, helps your mind relax and get ready for sleep. This means better quality sleep and feeling more refreshed in the morning.

- **Limit Bright Lights:** Try using dim lighting in the evenings or spend time outside in natural light. This helps give your eyes a break from harsh lights.
- **Create a Quiet Space:** Find or create a calm, quiet spot in your room or somewhere in your home where you can relax without too much noise or distractions.
- **Use Noise-Cancelling Headphones:** If you're in a noisy environment, pop on some noise-cancelling headphones to block out distractions or ear buds to listen to calming music.



SENSORY

IS THERE SOMETHING MORE I CAN DO?

- **Calming Activities:** Activities like reading a book or listening to calming music can help reduce sensory overload.

- **Spend Time in Nature:** Being outside in your garden or just hanging out in your backyard can have a calming effect on your senses and can help you feel more relaxed.



- **Close Your Eyes and Breathe:** Even just closing your eyes for a few minutes and taking deep breaths can give your senses a quick reset.

SENSORY

“

I have Asperger's syndrome and that means I'm sometimes a bit different from the norm. And- given the right circumstances- being different is a super power

Greta Thunberg

4

CREATIVE REST

Rest is essential for creativity. Its in those quiet moments that you find the spark that ignites your imagination



Billie Eilish

WHAT IS CREATIVE REST?

Your brain is at its most creative when it's chilled and relaxed. Whether you're into drawing, making music, writing, or any other cool stuff, giving yourself some creative rest can light up your imagination.

When you take a break from your usual routine and let your mind wander, it's like hitting a refresh button on your creativity.

Creative rest isn't about doing nothing—it's about giving your brain the space it needs to be open to awesome new ideas!



CREATIVE

HOW DO I KNOW THAT I NEED CREATIVE REST?

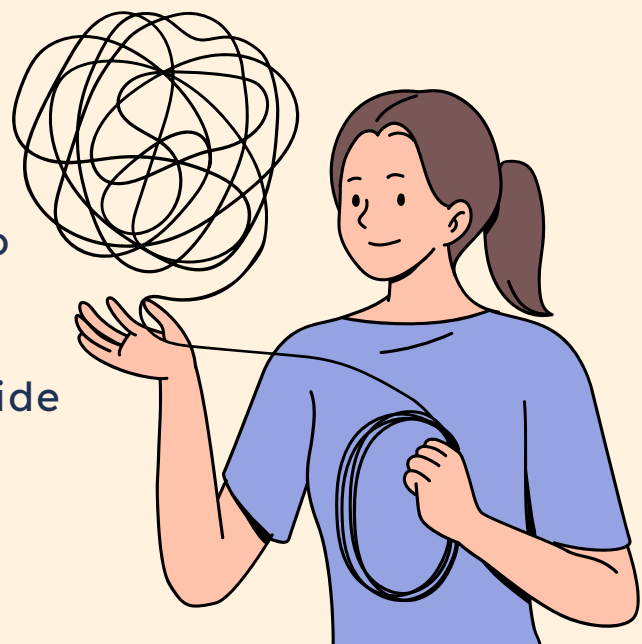
- **Tiredness from Thinking Too Much:** Sometimes, when you're working on something creative, you can overthink it to the point where it drains your energy. This mental exhaustion is a sign that you need some rest.
- **Frustration with Your Creative Work:** If you find yourself getting easily frustrated or annoyed while working on creative projects, it could be a sign you're mentally drained and need a creative rest.
- **Boredom with Activities You Usually Enjoy:** You might notice that things you usually love doing—like drawing, writing, or playing music—start to feel boring or uninteresting. This could mean your brain is tired and needs a reset.
- **Lack of Motivation:** You might feel unmotivated to start or finish projects you were once excited about. If it feels like a chore, it's time to recharge.

CREATIVE

HOW CAN CREATIVE REST HELP ME?

- **Less Stress and Frustration:** Constantly pushing yourself to be creative without taking breaks can lead to stress and frustration. Creative rest helps reduce these feelings, making the process more enjoyable and less pressured.
- **Boosts Confidence:** When you're rested, you're more likely to feel good about your creative work. You'll be proud of what you produce because you've given your mind the space to create something you're truly happy with.
- **Better Problem-Solving:** When your brain is rested, it's easier to come up with creative solutions to problems.

Creative rest helps you think outside the box, whether it's for a school project, art, or even everyday challenges.



CREATIVE

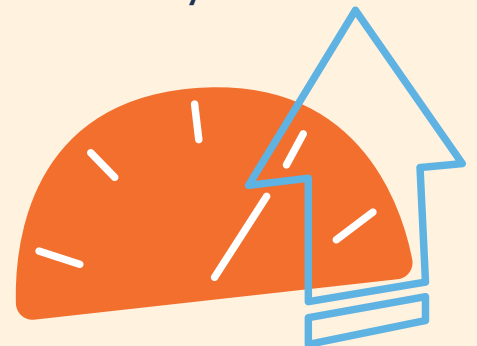
HOW CAN CREATIVE REST HELP ME?

- **Increases Motivation:** Creative rest helps you feel excited and motivated to return to your projects. Instead of feeling stuck or drained, you'll find yourself eager to dive back into your work or hobbies with renewed energy.



- **Improved Focus:** Taking breaks to rest your mind can actually help you focus better when you return to your creative activities. This means you'll be able to concentrate longer and produce more personally inspired work.

- **Enhanced Creativity in Other Areas:** Creative rest doesn't just help you with artistic projects, it can also boost creativity in other areas of your life, like school, friendships, and problem-solving. A rested brain can think more flexibly and creatively right across the board.



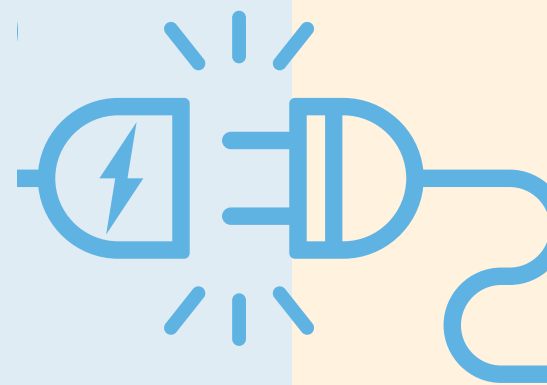
CREATIVE

WHAT CAN I DO TO HELP?



- **Take A Break from Creative Projects:** Working nonstop on a creative task can lead to burnout and feeling stuck. Taking breaks gives your brain a chance to rest. When you come back, you'll feel refreshed and ready to continue.

- **Unplug from Technology:** Constant screen time, social media, and notifications can overload your brain and block your creativity. Set aside some relaxation time during the day to unplug from your phone, computer, and TV and use that time to daydream, read a book, or do something relaxing.



CREATIVE

WHAT CAN I DO TO HELP?

- **Get Enough Sleep:** Sleep is one of the best ways to rest your brain and allow it to process creative ideas. Try sticking to a consistent sleep schedule of 8-10 hours. Avoid staying up late on your phone or computer, as this can disrupt your rest.

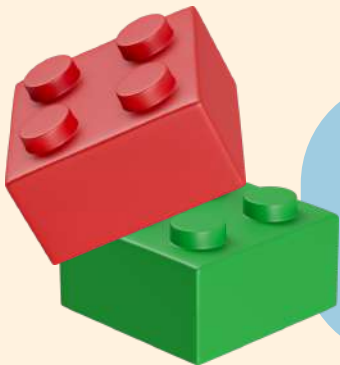


- **Try Journalling:** Writing down your thoughts or feelings and reflecting on your day can help you understand what sparks your creativity and when you need a break. It's a great way to clear your mind and promote creative rest.



CREATIVE

IS THERE SOMETHING MORE I CAN DO?



Engage in Fun Activities: Play a simple game, build something with Lego, doodle, or even try creative Apps. Playful activities helps your brain relax and engage with creativity in a fun way.

Spend Time in Nature: Nature is a great way to clear your mind and find inspiration without trying too hard. The calm environment helps your brain rest and wander. Try to avoid using your phone or thinking about anything too specific—just enjoy the surroundings.



Practice Mindfulness or Meditation: Mindfulness helps calm the mind and allows your thoughts to flow naturally without forcing creativity.

Spend 5–10 minutes each day practicing mindfulness or meditation. You can focus on your breathing or simply let your thoughts drift without judgment. Headspace, Calm and other Apps can help guide you.



CREATIVE

“

Taking a break isn't a sign of weakness, it's a way to come back stronger and more inspired

Shawn Mendes

5

EMOTIONAL REST

Sometimes, the best way to heal emotionally is to take a step back and give yourself the space to breathe



Shawn Mendes

EMOTIONAL

5

WHAT IS EMOTIONAL REST?

Ever feel like you're carrying a lot on your shoulders?

Emotional rest might be just what you need. It's all about being real with your feelings.

Instead of keeping everything bottled up or pretending you're okay when you're not, it's about letting yourself express how you truly feel.

Hiding your emotions or always trying to seem strong can leave you feeling worn out.

Opening up and sharing what's really going on can lift a huge weight off your shoulders and make you feel so much better.



EMOTIONAL

HOW DO I KNOW THAT I NEED EMOTIONAL REST?

- **You Feel Like You're Always Switched "On":**
Do you ever feel like you have to pretend you're fine, even when you're not? Like you're always acting happy or calm, even if you're stressed, upset, or tired? That's what it means to be "switched on" all the time. It's like you're carrying a heavy weight around all day.
- **You're Easily Annoyed or Frustrated:**
Little things that didn't bother you before are suddenly making you snap or feel irritated, or you get frustrated over tiny things, like not being able to find your phone charger. When you're low on emotional rest, you can feel more sensitive, and little things start to push your buttons way more than they normally would.

EMOTIONAL

HOW DO I KNOW THAT I NEED EMOTIONAL REST?

- **You Feel Disconnected:** Have you noticed that even though you're surrounded by people, it's as if no one really understands what you're going through? And no matter how much you interact, you don't feel fully connected. This can happen when you need emotional rest.
- **You're Emotionally Exhausted:** Do you ever feel completely drained, like you just don't have any energy left. You might find yourself not wanting to engage in conversations or feeling too tired to care about what's going on around you.

Even if you're with your best friends or family, you feel like you don't have anything left to give emotionally.



EMOTIONAL

HOW CAN EMOTIONAL REST HELP ME?

You'll Feel Lighter: When you stop bottling up your feelings and start sharing what's really going on, it feels like a weight is lifted off your shoulders. Holding everything in can be exhausting and stressful. Emotional rest gives you a chance to let go of that stress, making it easier to handle whatever life throws your way.



**FEEL
GOOD**

Feel More Understood: When you allow yourself to open up, people can understand what you're going through better, and they can then give you more support. This helps you feel less alone and more connected to the people around you.

EMOTIONAL

HOW CAN EMOTIONAL REST HELP ME?

Better Mood: Letting yourself express your emotions can help improve your mood. When you actually let those feelings out you can feel a big sense of relief and you'll feel more balanced and at peace. When you're not pretending everything's fine, it's easier to feel calm and less stressed.



More Energy: Emotional rest can give you your energy back. By being open about how you feel, you're not spending all your energy trying to keep those feelings bottled up. This frees up more energy for things you actually enjoy. You'll feel more refreshed and ready to focus on yourself and others without feeling completely wiped out.

EMOTIONAL

WHAT CAN I DO TO HELP?

BeReal.

Be Real About Your Feelings: Don't be afraid to admit when something's bothering you. Whether it's stress from school, drama with friends, or feeling down for no reason, recognising your emotions is the first step to emotional rest. You don't have to hide how you feel to keep everyone else happy. It's okay to not be okay sometimes.

- Spend Time with People Who Uplift You: Surround yourself with people who get you—those who make you feel comfortable being yourself. Emotional rest often comes from hanging out with people who don't expect you to be "on" all the time and who support you no matter what.



EMOTIONAL

WHAT CAN I DO TO HELP?

- **Do What Makes You Happy:** Sometimes, emotional rest comes from doing something simple that makes you feel good. Whether it's listening to music, watching your favourite show, or spending time on a hobby you enjoy. Taking time to do what makes you happy can recharge your emotions.



- **Talk It Out:** Holding everything in can make you feel like you're carrying the world on your shoulders. Find someone you trust—a friend, family member, or even a counsellor—and talk about what's on your mind. Sharing your emotions with someone else lightens the load and makes you feel understood.

EMOTIONAL

IS THERE SOMETHING MORE I CAN DO?

- **Physical Activity:** Moving your body can help you release emotional tension. Exercise, even light activities, can give you space to clear your mind and process emotions. Try yoga, dance, or just go for a run.
- **Journaling:** Writing down your thoughts and feelings can help you release emotions you've been holding in and process what's been on your mind. You can write about your day, how you're feeling, or anything that's been bothering you.
- **Meditation or Deep Breathing:** Meditation helps you slow down and clear your mind of emotional clutter. It's a great way to rest emotionally and mentally. Using an app for guided meditation can help you to be more focused on your practice.
- **Spending Time with Pets:** Pets are great at providing emotional comfort and support. Spending time with a pet can help you relax, reduce stress, and feel less alone.



EMOTIONAL

“

Emotions are like waves, you can't stop them from coming, but you can choose which ones to surf

Taylor Swift

6

SOCIAL REST

Take care of yourself, take
care of your body, take
care of your mind, take
care of your soul. Theres
only one you

Ariana Grande



SOCIAL

6

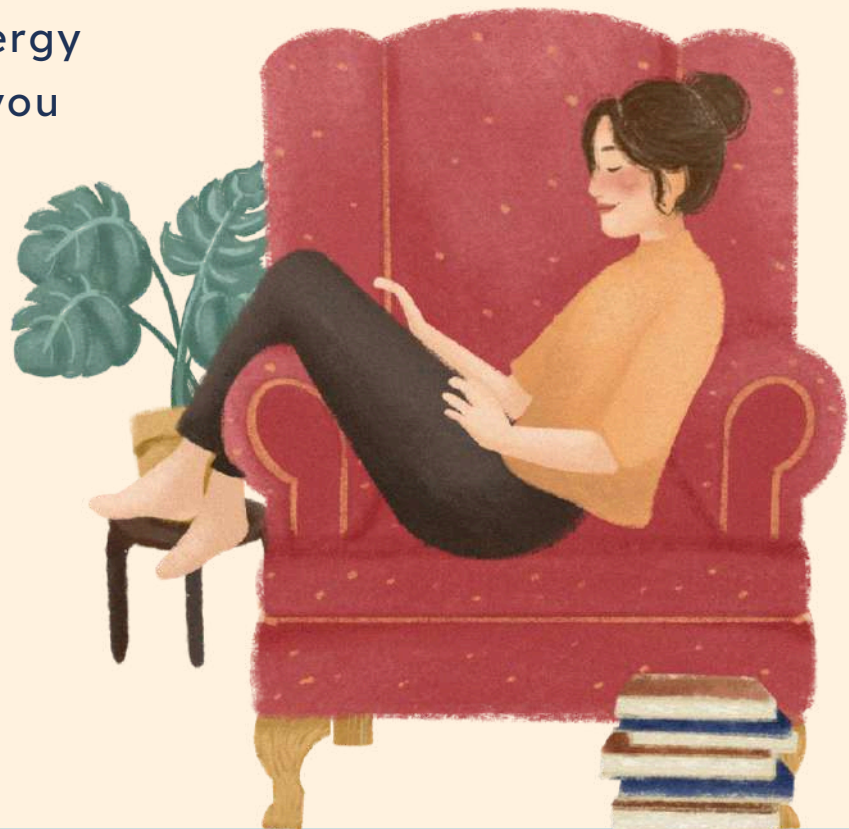
WHAT IS SOCIAL REST?

Ever feel wiped out after hanging out with people, even if you've had a good time?

Socialising can be exhausting, especially if you're constantly around people who drain your energy.

Taking a social rest is about finding a balance—doing things that recharge you, not wear you out.

By taking care of your energy and wisely choosing who you spend time with, you'll feel better and more in control of your life.



SOCIAL

HOW DO I KNOW THAT I NEED SOCIAL REST?

- **You Feel Tired After Hanging Out:** If you feel completely wiped out after spending time socialising—even if nothing big happened—you might need a social rest.

It's a sign that your social battery is running low.



People Feel Like "Too Much": If being surrounded by people — even close friends—feels overwhelming or you're easily irritated by things that wouldn't usually bother you, it might be a sign that you need some time away from the crowd.



SOCIAL

HOW DO I KNOW THAT I NEED SOCIAL REST?



- **You're Not Enjoying Social Stuff Anymore:** If the things you usually love doing with friends suddenly feel like a chore or just don't excite you anymore, you might need a social rest to regain your enthusiasm.

- **You Feel Like You're Faking It:** When you're around others but you're constantly putting on a smile or acting like you're okay, it's exhausting. If you feel like you're pretending to be more social than you want to be, you need to take some time for yourself.



SOCIAL

HOW CAN SOCIAL REST HELP ME?



- **Feel Less Drained:** Spending time with people who don't zap your energy can help you feel more energised. Taking breaks from draining social situations gives you more mental and emotional fuel to handle your day.
- **Less Stress:** When you're constantly "on" in social situations, it can be stressful. Social rest helps reduce that pressure by giving you space to relax. This helps you recharge and take care of your mental well-being.
- **Improved Mood:** Taking breaks from draining people or situations helps improve your mood. You'll feel happier when you're not always putting on a brave face or forcing yourself to be social when you're tired.
- **Boost In Confidence:** By being in friendships that support you, you'll feel more confident in being yourself. Social rest encourages you to be around people who appreciate you for who you are, which can make you feel more secure in your relationships.

SOCIAL

WHAT CAN I DO TO HELP?



Check In with Yourself: Every now and then, take a moment to check in with how you're feeling. If you notice you're feeling socially exhausted, allow yourself time to step back and take a break.

- **Set Boundaries with Your Social Time:** It's okay to say no sometimes! If you feel tired or just don't want to hang out, don't feel bad about taking time for yourself. Setting boundaries lets you control how much energy you spend on socialising. If you need a social break but you still want to hang out a little, plan some time with a close friend instead of being in large groups. It can be more relaxing and less stressful.



SOCIAL

WHAT CAN I DO TO HELP?

- **Spend Time with People Who Recharge You:** Focus on spending time with people who make you feel good, those friends who you can just chill with and be yourself. These types of friendships won't drain you but will actually help you feel more energised.



Limit Social Media: Social media can sometimes be overwhelming with constant updates, messages, and pressure to stay connected. Taking regular breaks from scrolling can give you space to focus on yourself and reduce that "always-on" feeling.

SOCIAL

IS THERE SOMETHING MORE I CAN DO?

Try Low-Energy Activities: If you still want company but don't have a lot of energy, choose activities that don't take much effort, like watching a movie with family, or have a games night. You can still do stuff without feeling exhausted.

Unwind in a Quiet Spot: Finding a quiet space away from noise and social activity, even if it's just for a few minutes, can help you mentally recharge, especially if you're feeling overwhelmed. Find a quiet spot where you can relax for a few minutes. Bring a book, some music, or just sit quietly to gather your thoughts.



Enjoy a Chill Night In: You don't always need to be out and about to have a good time. A quiet night alone can be just what you need to recharge. Watch your favourite movie, read a book, or binge-watch a show. Enjoy some downtime that doesn't involve anyone else, and just focus on what makes you feel relaxed.

SOCIAL



Our generation is tasked with transforming the world, but we must remember to take care of ourselves in the process. Social rest is not a luxury; it's a necessity

Thandiwe Abdullah

7

SPIRITUAL REST

Breathe, let go, and remind yourself that this very moment is the only one you know you have for sure

Oprah Winfrey



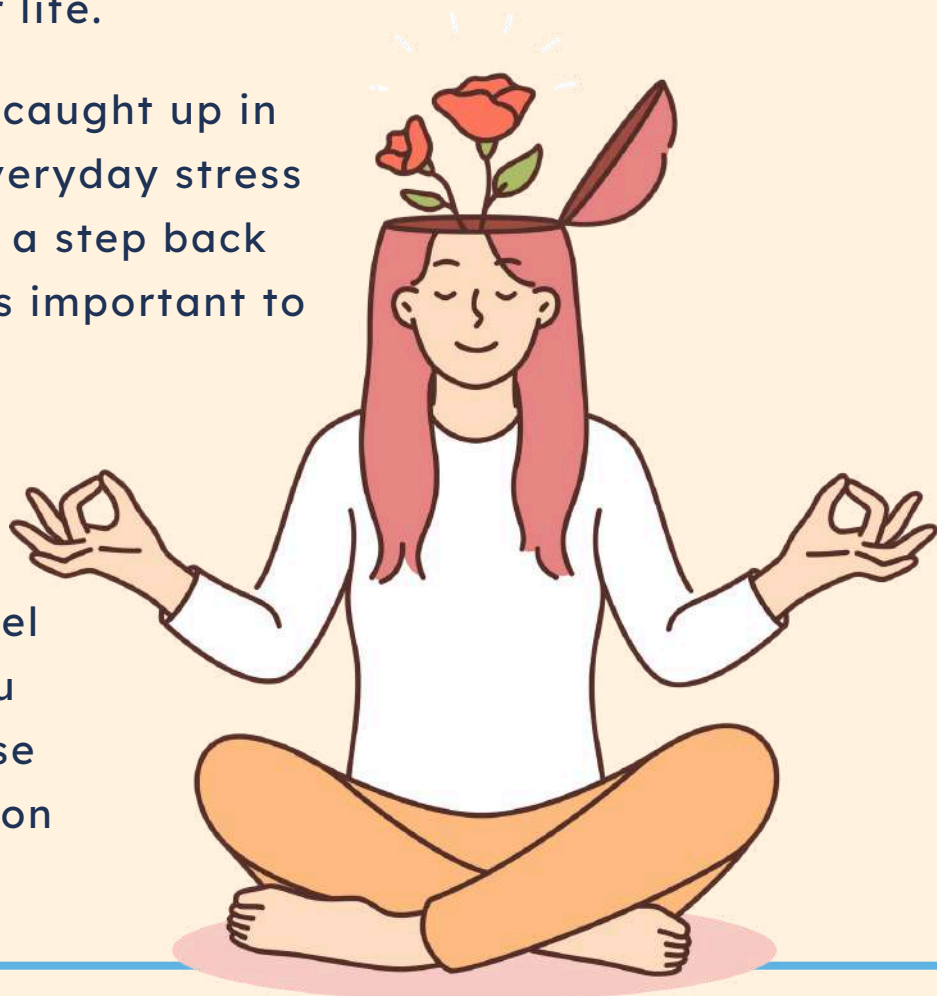
WHAT IS SPIRITUAL REST?

Have you ever wondered what really matters to you, or what makes you feel calm and connected, beyond all the everyday stuff?

That's where spiritual rest comes in. It's not just about religion—it's about finding meaning, purpose, and a sense of peace in your life.

Sometimes, we get so caught up in school, friends, and everyday stress that we forget to take a step back and think about what's important to us.

Spiritual rest means taking time to reflect on these things and feel more grounded, so you can have a better sense of purpose and direction in your life.



SPIRITUAL

HOW DO I KNOW THAT I NEED SPIRITUAL REST?

- **Feeling Disconnected from Yourself or Others:** Ever feel a bit lost, like you don't quite fit in or belong? Maybe you've been feeling distant from your friends, or even from yourself. That feeling could be a sign that you need spiritual rest—a chance to reconnect with who you are and what really matters to you.
- **Life Feels Boring or Pointless:** If things that used to make you happy now seem boring or don't feel as exciting anymore, you might be missing a deeper connection to something bigger. Spiritual rest can help you find new meaning and bring the excitement back into your life.
- **Feeling Overwhelmed by Stress or Anxiety:** If life feels so stressful that you can't relax, it might mean you need spiritual rest. Taking a break to find peace and balance can help you feel calmer and more grounded and remind you of what helps you feel good inside.

SPIRITUAL

HOW CAN SPIRITUAL REST HELP ME?

- **Feel More in Tune with Yourself:**
Spiritual rest helps you figure out who you really are. It gives you the space to reflect and recharge, so you'll feel more connected to your values and what matters to you. Making decisions and navigating life gets a whole lot easier.



- **Less Stress, More Chill:** When life feels overwhelming, spiritual rest can help you find some balance. It's like pressing a pause button on the chaos, giving you a moment to breathe, relax, and handle stress better, so things don't always feel so intense



SPIRITUAL

HOW CAN SPIRITUAL REST HELP ME?



- **Boost Your Mood:** Spiritual rest can make you feel more positive and energised. When you take time to connect with something bigger—whether it's nature, your values, or even just quiet reflection—you'll feel better and more in control of your emotions.

- **Have A Clearer Picture Of What You Want:** Feeling lost or confused? Spiritual rest gives you the space to think things through and get clear on what's important to you. It helps you figure out where you're going when everything feels messy or uncertain.



SPIRITUAL

WHAT CAN I DO TO HELP?



Take Time to Reflect: Life can get super busy, and it's easy to get caught up in school, friends, and social media. Taking a few minutes each day to just sit and reflect on what's going on in your life can help you feel more grounded. Try journalling about your day or answering questions like, "What really matters to me?" or "What do I want out of today?" It's a great way to clear your mind and connect with yourself.

Spend Time in Nature: Sometimes, all you need is a little fresh air to clear your mind and reconnect with yourself. Being in nature—whether it's taking a walk, sitting under a tree, or watching a sunset—can help you feel more at peace and help you to tune in to the world around you.



SPIRITUAL

WHAT CAN I DO TO HELP?

Practice Gratitude: Take a moment to think about what you're thankful for. It doesn't have to be big stuff—it can be as simple as appreciating a good meal, a funny moment with a friend, or even just the fact that you got through a tough day. Gratitude helps shift your focus to the positive things in your life.



Be Kind to Yourself: Spiritual rest also means giving yourself a break when things aren't perfect. It's okay to make mistakes or not have everything figured out. Treat yourself with kindness and remind yourself that you're doing your best.

SPIRITUAL

IS THERE SOMETHING MORE I CAN DO?

Tap into Your Creativity: Creative activities can give you a break from the everyday rush and help you tap into your spiritual side. Paint, draw, write poetry, or play music—let yourself create without any pressure. This is a great way to express your inner self and connect with deeper emotions or thoughts.

Check Out Something Inspiring: Engage with inspiring content like books, videos, or podcasts to boost mood and feel connected. Choose material that resonates with personal growth, spirituality, or life experiences to gain new perspectives and excitement.



Practice Forgiveness: Holding onto anger or grudges can make you feel tired and stressed. Forgiving—whether it's someone else or even yourself—can help you feel a lot better and let go of negative feelings. Think about someone or something that's been bothering you and try to let it go. Forgiving doesn't mean you have to forget, but it can help you feel lighter, less stressed, and more at peace with yourself.

SPIRITUAL

“

I truly believe that the only way we can create global peace is through not only educating our minds, but our hearts and souls

Malala Yousafzai



SUMMARY

SUMMARY

In her book, Dr. Sandra Dalton-Smith talks about 7 different types of rest that we all need to feel refreshed and balanced. It's not just about sleep—it's about giving every part of you a chance to recharge, from your body and mind to your emotions and spirit.

This manual has taken her ideas and made them easier to understand, so you can see how rest isn't just about lying down but about taking care of yourself in different ways.

Whether it's taking a break from screens to give your senses a rest, talking to someone when you need emotional support, or spending some quiet time thinking about what's important to you, each type of rest plays a big role in keeping you healthy and feeling good.



SUMMARY

By learning how to rest in these different ways, you're giving yourself the best chance to recharge and tackle life with more energy, a clear mind, and a positive attitude. And remember, it's totally okay to step back and take time for yourself when you need it.

Rest isn't something extra—it's something you need to feel your best, stay balanced, and be ready for whatever life throws at you.



Now that you know about the 7 types of rest, you can start thinking about which ones you need the most. By taking care of yourself in all these ways, you'll handle stress better, feel more connected to yourself and others, and live a more balanced, happy life.



All of the advice offered here is under the guidance of co-author Nettie Bowie, a Cognitive Behavioural Therapist and Counselor who specialises on working with young people.

rest



**Co-funded by
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.