

Badge



Yoga

### Stretch It Out with Yoga



**Tools of the trade**

Deep breathing, a strive for balance and concentration

**Fun fact about yoga**

Yoga was invented 5,000 years ago

**Reward for challenge**

A newfound respect for people who are actually able to do some of these positions

badge application



**YOGA APPLICATION:** Discuss with your team the 7 types of rest to prevent burnout. Which will you intentionally foster at this retreat?

# The 7 Types Of Rest

Will McTighe ©

Rest Like the Best

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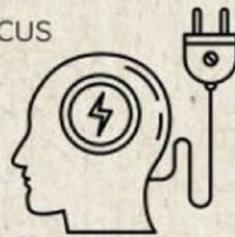
## Mental Rest: Slow Down

### Warning Signs:

- Constant buzz of thoughts
- Inability to slow down and focus

### What To Do:

- Learn to meditate
- Go on a tech-free walk
- Use breathing techniques
- Listen to relaxing music and lie down



## Spiritual Rest: Look Beyond Yourself

### Warning Signs:

- Feeling disconnected and hopeless
- Lacking motivation and energy
- Feeling apathetic

### What To Do:

- Practice gratitude daily
- Volunteer at local charities
- Be kind and make someone smile



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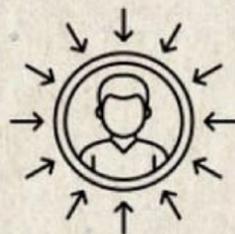
## Physical Rest: Quality Sleep

### Warning Signs:

- Tired and exhausted
- Sore and tense muscles
- Difficulty focusing

### What To Do:

- Have a hot bath
- Book a massage or spa day
- 7 to 9 hours of sleep every day



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## Emotional Rest: Address Your Emotions

### Warning Signs:

- Getting angry easily
- Unprompted urge to cry
- Insomnia and fatigue

### What To Do:

- Talk to a therapist
- Develop emotional intelligence
- Identify and process your complex emotions



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## Sensory Rest: Go Tech-Free

### Warning Signs:

- Overwhelmed by loud noise
- Bright screens give you a headache
- You're getting impatient and strained eyes

### What To Do:

- Do calls instead of zooms
- Close your eyes for 10 minutes
- Get up and walk around the office/house every 2hrs



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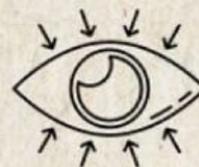
## Creative Rest: Find Inspiration

### Warning Signs:

- You're out of ideas or feeling uninspired
- An unhealthy addiction to social media

### What To Do:

- Read a non-fiction book
- Sing or dance (don't be shy)
- Take a walk (without technology)



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## Social Rest: Improve Your Environment

### Warning Signs:

- Feeling lonely
- Social interactions drain you

### What To Do:

- Spend time with positive people
- Create boundaries from negative ones
- Spend QUALITY time with friends and family

