

# **NINE TYPES OF REST**

- 1. time away**
- 2. permission to not be helpful**
- 3. something unproductive**
- 4. connection to art or nature**
- 5. solitude to recharge**
- 6. break from responsibility**
- 7. stillness to decompress**
- 8. safe space**
- 9. alone time at home**