

**Rest in peace baby**

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It seems silly to write an article about rest. After all, rest is like breathing; it is automatic. Or rest is like brushing your teeth; it's something we do automatically every day, sometimes several times a day. But for many people rest is not part of their lives, at least not regularly, or at least not genuine rest. Many of us are too focused on commitment and never stop. Because, we think, to stop is to stop. Because, we think, to stop is to be lazy. So, we wait to rest until we are so exhausted we have no choice. Many of us find it hard to rest because we are perfectionists or fail (or both), according to Kelly Vincent, PsyD, a registered counselor who works with young adults, women, professionals and athletes in Lafayette, Calif. "Even if we don't recognize it as perfectionism, sometimes we desperately try to be perfect, doing, realizing, and realizing everything we put our minds to. "We worry that if we rest, our lives will shut out of control, he said. We might even feel uncomfortable. It is common for boredom to arise when we try to rest. And underneath that boredom lie a harder feelings like loneliness, anger, or feeling trapped," said Panthea Saidipour, LCSW, a Manhattan psychotherapist who works with professionals in their 20s and 30s who want to gain a deeper understanding of themselves. We might be afraid to rest because doing so will put us back on our feet. After the rest, we will have to work much faster and much harder and that much more to compensate for the time that our tasks have been cancelled. So we ask ourselves, what's the point? We may wish to rest, but our minds are too busy competing, reviewing all the responsibilities that accumulate and overturn in other days and weeks. We might also be confused about what rest really is, said Sarah McLaughlin, MFT, a licensed psychotherapist and certified yoga teacher in San Francisco, who works with women struggling with anxiety and feelings of not enough good-ness. Many of us think using our phones is resting. After all, we sit and slide or play. We're doing nothing else. However, it is actually exhausting. "We're absorbing the sensory input and our brain is rapidly trying to process everything", Vincent said. And we could start confronting each other unconsciously and feeling negative feelings like envy, jealousy and anger, he said. We also think we'll have our rest when we sleep. "But even sleeping is not restful for the person who can't rest when they're awake", McLaughlin said. "If the brain is under constant stress during the waking hours then, in many cases, it's losing or has lost connective pathways that tell it decrease or stop the response of. For example, the stress hormone cortisol can be released during sleep. McLaughlin defined rest as the work of ceasing and worry, as "being, rather than doing." In a state of rest and we are present in that experience of rest, which you call "restful awareness." (It is not rest when the body is still, but the mind is mulling, he said.) Saidipour sees rest as "moving from what is external to what is internal and creating time and space for our inner self, our "That is, we could dream with our eyes open or reflect on ourselves", he said. Below are ideas on how to rest. Search under the surface. Saidipour stressed the importance of being curious about why you're not resting, the thoughts and feelings that drive your need to keep busy. Maybe by staying busy, you're trying to protect yourself from certain feelings. She also suggested exploring these questions: If I wasn't so busy, would I feel like a failure? Would I be afraid of losing the approval of others? Would I be afraid of being hopelessly stuck? Understand the power of rest. Many people are in a constant state of stress. In fact, McLaughlin observed that 70% of doctor visits are due to stress-related health problems. "Rest is the only way to engage the part of our nervous system that allows relaxation". It is literally vital to our physical and mental health. Rest also helps us to introduce ourselves to others (and to our lives). Everything we touch and do for the rest of the day benefits. We need to start appreciating taking care of ourselves as much as getting homework done", said McLaughlin. Rethinking the narrative. "Most people tend to attribute their successes to their own value, value and identity", said Vincent. "We need to reformulate and shift the narrative towards a more realistic view, such as: "If this task is not done today, it doesn't mean I failed. It just means I'll get there tomorrow. Remember regularly that you're not a robot, and you can't do it all at once. Some tasks just don't get done. Practicing acceptance, accepting things as they are, can help relieve stress and give you the mental space to rest. Vincent suggested that we remind ourselves, "I didn't expect it, but I accept it". Be intentional. As you were about to rest, McLaughlin suggested that you say to yourself, "I'm going to rest now", and ask yourself, "Is my mind okay? Am I really allowing myself to "be" instead of "do"? He also suggested that I take several deep, long, slow breaths. "Really focus on breathing and connect both your mind and body in this moment of restful awareness. "Take what's around you. Vincent shared this example: Spending five minutes sitting on a bench. Notice the sun on your skin. Notice the colors around you. Notice the noises. Notice how the bench feels. "Allow yourself to be fully present here and now". Focus on yourself. When you understand how you would like to rest, rest. Saidipour said it helps you feel more alive and connects you to yourself. It will be different for everyone. For one person, cooking is a meditative practice; for another, cooking is misery. You might find these restful activities (or not): writing, drawing, sipping coffee while watching the sunrise, practicing yoga, sitting on the beach. As Saidipour said, "What helps you move from absorbing external stimuli to tune in with your body, thoughts and feelings?" Many of us have forgotten how to truly rest. We have developed negative narratives about what it means. We have replaced real rest with superficial and stimulating activities like scrolling social media and playing on our smartphones. Fortunately, however, we can learn again to rest completely and with all our heart. Maybe you'll consider exercising today. Or right now. Rest is the key to good health, and chances are you're not getting enough. Here's how to cut out time to get the rest you need every hour, day, week, month and year. Most of us juggle what seems to be a million different jobs as we try to be a career goddess, a perfect mother and a housewife manager. Yet rest is as important as physical exercise for a healthy life. Without it, our stress levels will skyrocket, leading to faster heart and respiratory rates and higher blood pressure, says Jonathan C. Smith, PhD, director of Chicago's Roosevelt University Stress Institute. "Without rest, we constantly charge the body in an emergency", he says. "It would be like running the motorcycle or the vacuum cleaner at high speed 24 hours a day. In the end, you will consume. "A marina and white bedroom with edge-and-batten wall finishing Let this point be clear: rest is not laziness. Rest is building breaches in our lives before we collapse, so we don't collapse. So, why is it so hard to get your feet up? "We grew up with the idea that we should serve all the time", says Lynne M. Baab, author of Sabbath Keeping: Finding Freedom in the Rhythms of Rest. "Many women put the needs of others before themselves. But we have to stop and avoid the burnout." You can't serve others if you're a mess. A break shouldn't be long, says Smith, author of Relaxation, Meditation, Mindfulness: Free Internet Exercises. "Two or three minutes of prolonged mental calm after an hour of work can work wonders", she says. Turn the chair away from the computer and close your eyes. (If you're worried that colleagues think you're hinting, hold some documents to look like you're reading important memos.) "You'll have to get off the line and engage in something different from your normal activity", Esther Sternberg, a researcher at the National Institute of Mental Health and author of The Balance Within. Put a CD in the music player, put on your headphones, close your eyes and sip a cup of warm sweetened tea with a little honey. Lock 20 minutes for treatment, says Jill Murphy Long, author of Permission to Nap. Give yourself a hand massage with lavender- or sage-scented lotion. Baab and his family began observing the Sabbath about 20 years ago when they lived in Tel Aviv. The Sabbath literally means rest, and in Israel all work stops from sunset on Friday to sunset on Saturday. "The Sabbath says to women, "Enough, spend six days a week putting other people's needs before you and work, but spend a rest day." says Baab. Use time to draw close to God, but you don't have to be religious or spiritual to spend time feeding yourself. Take your family to the park, or have a long picnic. "You spend one day a week enjoying who I am", says Baab. Give me a massage. There is nothing more relaxing than an hour on the table in the hands of a professional masseur. Studies have shown time and again that a rubdown clears up worries while boosting serotonin and dopamine, hormones that make you feel happy and relaxed, says Tiffany Field, PhD, director of the Touch Research Institute at the University of Miami School of Medicine. If money is tight, look for a massage school that offers massages to students, which cost up to \$25 an hour, or look for a massage deal on Groupon. Although the most time given to us by daytime saving time is a good thing, it can throw out sleep and energy levels. To help your body regulate, go to bed and get up to 15 to 30 minutes before you start the week before. For many of us, getting away is hardly relaxing. In a Gallup survey, 54 percent of holidaymakers say they came home feeling more stressed and tired than before they left. To avoid this, at least once a year take a relaxing vacation where you are not rushing to visit family or trying to pack two weeks of sightseeing into seven days of vacation time. Spend a week (or at least a couple of days) going somewhere where you have nothing planned. Sleep, read in the pool, walk along the beach, look at the stars, linger on breakfast, lunch and dinner. Call your memories of high school physics class and make Newton's first law of motion your creed: Any object at rest tends to remain at rest. Rest.

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