



# Power of Rest in Creating Optimal Health and Wellness

In a world full of stress and demands, rest is one of the most important factors for creating wellness. Restorative activities can include mental, physical, and/or emotional activities that help to promote resilience. Particularly if you are under chronic stress, restful activities can break the cycle of stress and assist you on the path to health.

## Get Unstuck

Knowing that the brain is not static, but instead has plasticity, underlines one of the key reasons to practice restful habits: you can learn to be healthier, happier, and more connected. Focusing on the process of restoration, rather than current complaints or states, allows you to take charge of your own health and wellness.

You can become more resilient and healthier.

## The Right Activities

Many people turn to television, alcohol, or other semi-harmful activities to counteract stress. Replacing even a few minutes a day of those activities with ones that scientifically promote healing and restoration can trigger lasting improvements.

Restoration activities like meditation, guided imagery, breathing techniques, gratitude, and mindfulness are time-honored, science-backed ways to make a difference internally. They have calming effects not only on the state of mind, but also helping to balance hormonal and immune function.

Don't let stress run the show. Select a restoration activity and see if it works for you—whether that's finding something to feel grateful about every day or trying a new yoga pose. Be intentional and open.

Take back a few minutes a day of your life, balance your emotions, and your health and wellness will follow.

### Restorative Activities

- Meditation
- Gratitude Journaling
- Deep breathing and breathing techniques
- Guided Imagery and/or Visualization
- Massage, Sauna, or Water Therapy
- Mindful Eating, Walking, or Body Scan
- Many others!

### Restorative Activities

*A wide variety of conditions are assisted by restoration therapies, including:*

- Anxiety, depression, and mood disorders
- Cancer
- Chronic pain and fibromyalgia
- Gastrointestinal disorders
- Sleep disturbances and stress disorders
- Heart disease, diabetes, and hypertension
- Hot flashes
- Asthma