

# school-based youth health nurse



## Term 1 – Week 10

The Easter holidays are almost here (and may be coming a few days sooner than planned). After a busy start to the year, I want to encourage you to take time these holidays to rest and relax. It's not just a nice thing to do that makes us feel good, but true rest improves our mood, boosts our performance and increases our ability to concentrate and pay attention.

### Watch

- Watch this video that talks about the different types of rest and why 'more sleep' is not the instant fix we're craving

[The real reason why we are tired and what to do about it | Sandra Dalton-Smith | TEDxAtlanta - YouTube](#)

### Do

Type of Rest	What is it?	What you can do
<b>Physical rest</b>	Active or passive rest that helps your physical body	Active – Stretching, massage, yoga/pilates  Passive – Napping, sleeping
<b>Mental Rest</b>	Breaks from routine or tasks, relief from mental worries	Take regular breaks every 1-2hrs in the day to move from desk/workspace; keep paper by your bed to jot down distracting thoughts at night
<b>Sensory Rest</b>	Break from screens, electronics, bright lights, noise	Take several screen breaks in the day ie. Not using phone as work break instead reading a book or closing your eyes for several minutes to allow your brain to have a break from sensory overload
<b>Creative Rest</b>	Time spent enjoying the arts and the outdoors	Decorate and create a beautiful, inspiring desk/workspace. Play music while you work. Sit outside

		and marvel at nature.
<b>Emotional Rest</b>	Time away from relational obligations when we're able to freely express our feelings	Practice answering 'How are you?' with honesty instead of an automatic 'Good' or 'Fine'
<b>Social Rest</b>	Surrounding ourselves with positive, supportive people. Closely linked to the need for emotional rest.	Think about the relationships in your life that are 'life-giving' and those that are 'life-draining'. Turn on your camera in online interactions to focus on other people.
<b>Spiritual Rest</b>	Connecting beyond the physical and mental to feel a deep sense of belonging, love, acceptance and purpose.	Meditate, get involved in a community project to give back and be connected to something bigger than yourself.

**It's no wonder just getting more sleep doesn't make us feel rested!**

**Spend some time these school holidays trying all these different types of rest and see the difference true rest can make 😊**



**Talk to Mercy, your School Based Youth Health Nurse if you have any health concerns or need support**

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