

The 7 types of rest

What drains each one, and what brings it back

1 Physical rest

DRAINS Long days, short nights, workouts, pushing through on caffeine
RESTORES Real sleep, naps, stretching, a day your body is off the clock

2 Mental rest

DRAINS Decisions, open loops, replaying conversations at midnight
RESTORES Writing it down, deciding once, real breaks between hard thinking

3 Emotional rest

DRAINS Performing fine, managing everyone's feelings, always being the steady one
RESTORES Room to say how you actually are, and people who can hear it

4 Social rest

DRAINS Small talk, obligation plans, people you manage instead of enjoy
RESTORES People who take you as you are, and a real break from everyone else

5 Sensory rest

DRAINS Screens, notifications, background noise, light that never turns off
RESTORES Silence, dim rooms, the phone in another room, one input at a time

6 Creative rest

DRAINS Producing on demand, solving problems all day, hobbies that became jobs
RESTORES Art you didn't make, music, a sky worth staring at

7 Spiritual rest

DRAINS Work with no why, feeling interchangeable, weeks that blur into a list
RESTORES Purpose, faith or stillness, community, helping someone and seeing it land



Pin it where the tired happens. When a day flattens you, find the row that matches, and rest that specific way. The full guide, and 77 lines to say out loud, are free at the address below.

[FUTURECASTAPP.COM/GUIDES/SEVEN-TYPES-OF-REST](https://futurecastapp.com/guides/seven-types-of-rest)



The seven-type framework is Dr. Sandra Dalton-Smith's, from Sacred Rest. Futurecast is not affiliated with or endorsed by her.