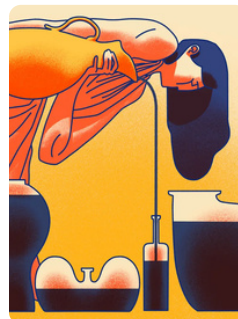


Borrowed Brilliance: how to make rest work for you

We often think of rest as sleep, but Dr Sandra Dalton-Smith reminds us that rest comes in seven forms.

By understanding the different types of rest, you can spot what you need to recharge, and design routines that work for you and your team.



Start with



Rest ideas

Seven types of rest

Physical rest – Recharging your body through sleep, stretching, or stillness.

Mental rest – Giving your mind space to pause and reset.

Sensory rest – Reducing noise, screens, and overstimulation.

Creative rest – Refilling your imagination through nature or inspiration.

Emotional rest – Taking a break from carrying others' emotions.

Social rest – Spending time with people who restore, not drain, you.

Spiritual rest – Reconnecting with purpose or meaning.

AI prompt to create your rest profile

Act as my Squiggly Career Coach. Use this article (<https://ideas.ted.com/the-7-types-of-rest-that-every-person-needs>) and ask me one short and specific question at a time, to collect insights and identify my personal rest profile. Generate 3 personalised and practical recommendations for rest that I could add into my week.

Try a team 'Reflection on Rest' session

Spend 10–15 minutes exploring the seven types of rest together. Then each person uses the AI prompt to find their rest profile, shares one takeaway and a rest commitment for the week ahead.