



Find the Rest That Truly Restores You

7 hidden ways your current "rest" may be draining your energy — and what to do instead.

by Natalia

You might be resting... but still feeling exhausted. This guide will help you recognize what drains your energy and what truly restores your nervous system.

You might be "resting"... but still draining yourself if you:

1. Scroll social media and feel worse after
 2. Watch intense news or thrillers to relax
 3. Turn hobbies into performance or pressure
 4. Overpack your weekends with activities
 5. Engage in draining or forced conversations
 6. Try to do nothing but feel restless
 7. Sleep too long and wake up groggy
 8. Consume self-development content instead of resting
 9. Play high-stimulation games
 10. Stay on your phone while trying to relax
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Hidden signs your rest is not working:

1. You feel tired even after a day off
 2. Your mind keeps running
 3. You feel overstimulated
 4. You need another weekend to recover
 5. You feel slightly anxious instead of calm
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What real rest looks like:

- ✓ No responsibility
 - ✓ No competition or performance
 - ✓ More pleasure than effort
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7 Types of Rest That Truly Restore You

1. Physical Rest: sleep, naps, gentle movement
 2. Mental Rest: breaks, journaling, slowing down
 3. Sensory Rest: silence, no screens, eyes closed
 4. Emotional Rest: honest expression, boundaries
 5. Social Rest: nourishing people or solitude
 6. Creative Rest: nature, art, beauty
 7. Spiritual Rest: meditation, reflection
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The fastest way to restore your system

Breathing and deep relaxation techniques work directly with your nervous system. I guide people through personalized sessions, group classes, and custom audio practices.



If you'd like to experience this work, feel free to reach out.