

the state of
REST
and related terms

@myinsightclinic



Define



Rest (n.)

*any behaviour meant to sustain and
increase one's wellbeing*

Define



Sleep Hygiene (n.)

lifestyle habits that ensure one gets restful and healthy sleep

Define



leisure (n.)

*lifestyle habits that ensure one gets
restful and healthy sleep*



active rest (n.)

a state of moderate activity which can be a middle ground between activity and rest

Define



self-worth (n.)

.. is not defined by your productivity

Define



waking rest (n.)

a period of calm, reflective thought that allows the mind to process whatever arises spontaneously

Define



psychological vitality (n.)

*state of feeling alive and alert –
to having energy available to the self.*

Define



psychological detachment (n.)

the act of resisting engagement in activities and thoughts related to work and work-environments

Define



cyber leisure (n.)

a state relating to activities that use technology for fun, relaxation and entertainment

Define



productivity (n.)

literally, the relationship between the quantity and quality of an output and the input required to create it

Define



emotional rest (n.)

*a state related to expressing emotions most freely
and cutting back on people-pleasing behaviours*

Define



social rest (n.)

a state of recognising how your relationships affect you so as to build a more supportive social life

Define



sensory rest (n.)

a state of pulling away from sensory input(s) to give the sense(s) a break

Define



creative rest (n.)

a state related to allowing oneself to be inspired without the pressure to necessarily create something

Define



spiritual rest (n.)

*a state related seeking and re-connecting with
what gives meaning and purpose to one's life*