



REST....

What it is and why you **NEED** it

(based on the book by Alex Pang)

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In a nutshell:

You don't have to conform to a workaholic lifestyle.

Working too much leads to burnout.

You can and will get more done when you give yourself enough time to slow down and enjoy yourself.

A woman with blonde hair in a bun, wearing glasses and a red long-sleeved shirt, is laughing joyfully under a waterfall. She is looking upwards and to the right. The background is a lush green forest with a path leading up the hillside.

Key idea #1

Boost your creativity by getting an early start, then work for around four hours.



Key idea #2

Recharge your creative batteries by taking a long walk or fitting in a midday nap.





Bian suibhach scéibhach

Key idea #3

Choosing the right moment to put down the tools and quit works wonders for your creativity.

Key idea #4

Get a good night's sleep to
prep your brain for
tomorrow's work.

**Play is our brain's
favorite way of
learning.**

Diane Ackerman
Contemporary American author



Key idea #5

Prevent burnout by taking time out to rest and recover.

**It is a happy
talent to know
how to play.**

Ralph Waldo Emerson
American writer
1803-1882



Key idea #6

Exercise to recharge your cognitive performance.





Key idea #7---Cultivate your favorite hobby and engage in deep play.

Recommendations

Travel



Friends and family



Screens off



Exercise



Read for pleasure





Sleep

Hobbies



Evenings





Cool concepts to try

Use a timer.

WALK.

Be unavailable.

Plan your weekends.

Each week, have at least one big adventure and one little adventure.

A photograph of a waterfall cascading down mossy rocks. The water is white and frothy as it falls, creating a misty spray at the bottom. The surrounding rocks are covered in vibrant green moss and lichen. The background is a soft, out-of-focus green, suggesting a lush forest or park setting.

Quotes/ideas

If your work is your self, when you cease to work, you cease to exist.

The business world has been overtaken by a cult of “busyness” where we have lost the connection between “hard work” and “good work.” Americans are uniquely obsessed with work and have some of the worst problems with overwork in the world, dating back hundreds of years.

Expectations are infinite. Time is finite. You are always choosing. Choose well.

It’s so easy to spend time mindlessly. I’m a big fan of consciously chosen downtime.



Resources

- Podcasts:
 - *Before Breakfast*
- Books:
 - *When* (Daniel Pink)
 - *Deep Play* (Diane Ackerman)



Let's talk!