REST....

What it is and why you NEED it

(based on the book by Alex Pang)



Dr. Sandy Kimbrough, HHP



In a nutshell:

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

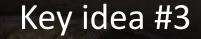
Working too much leads to burnout.

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

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

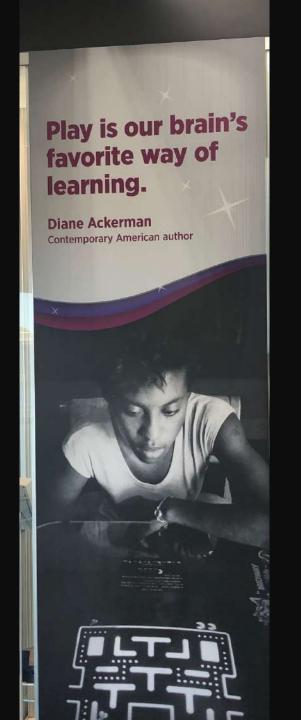


Recharge your creative batteries by taking a long walk or fitting in a midday nap.



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

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



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

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



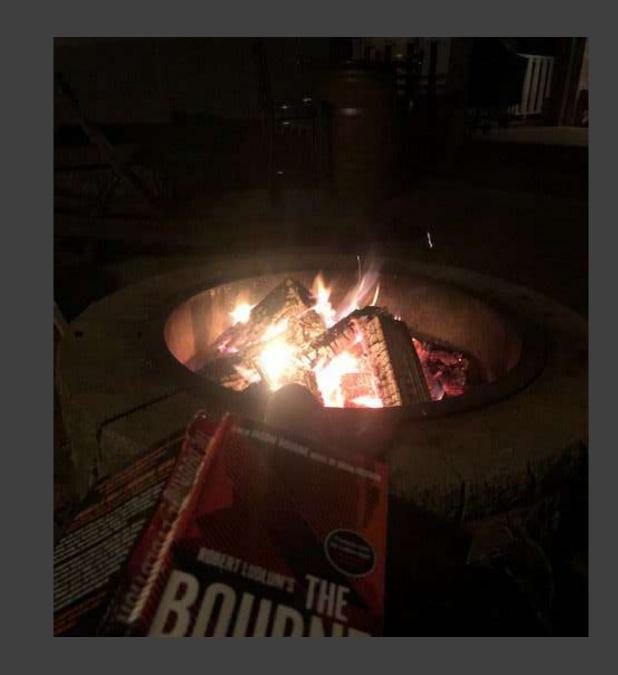


Sleep

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.



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!