The Balm In Gilead Inc

Sunday Morning Health Corner



Rest and Renewal: Vacations for the Soul

Many of us are so caught up in the cycle of work, family responsibilities and ongoing stress that we often only allow ourselves to truly rest on holidays or vacation. However, it's crucial for our mental, emotional, and physical well-being to prioritize adequate rest on a regular basis. It may not seem like a big deal to skip relaxation in your daily routine, but rest is essential for helping the body recharge and recover.

Rest is Fuel for the Body

We're living in an era of "hustle culture" where the underlying fear of not doing enough has everyone working nonstop while rest is neglected and even viewed as a source of shame. However, scientific research consistently reinforces the fact that rest is foundational for maintaining optimal health.

When considering rest, most think of sleep. but rest and sleep are two different things. Rest is any behavior focused on increasing physical or mental well-being. Neglecting rest can lead to various health risks such as weakened immunity, cognitive function, and cardiovascular health.

Types of Rest to Consider

Physical Rest: Prioritizing sleep, taking a nap when needed, stretching tense muscles.
Mental Rest: Finding ways to quiet your thoughts, giving your brain the chance to refuel.
Emotional Rest: Freeing yourself of the pressure of "holding it all together" by processing your emotions with a therapist or trusted friend.
Social Rest: Spending some time alone to recharge.
Sensory Rest: Taking breaks from anything overwhelming your sense such as loud noises or screens that strain the eyes.
Creative Rest: Giving your brain a break from work to engage in creative hobbies.

Treat Resting as a Non-Negotiable

- Master your sleep routine—aim for seven hours of quality sleep.
- Block out 15-30 minutes daily to read, unplug from devices, or simply "do nothing" for a mental break.
- Find small ways to unwind and destress daily.
- Practice healthy eating habits to aid in fueling your body's recovery.
- Build your support system—connect with your community, seek counselors or therapists that can help you implement healthy coping tools.





The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatmentand access to care through education, programming and advocacy. Learn more at **balmingilead.org**.

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