

Rest to recharge



Each new year, we often think about what goals we want to achieve in the year ahead. Many people think about their physical health and wellbeing goals, personal and professional targets and how to prioritise their mental health. No matter what your goals are, one element is often overlooked – rest.



The importance of rest

Think of yourself as an electronic device – the battery wears down and every now and then you need to plug it in and let it recharge. Your body is no different.

You need deep, restorative rest that allows your body to recharge, replenish and reset.

Rest is particularly important after the festive period and the busyness that the end of the year brings with work deadlines, school finishing, more social gatherings and the stress and excitement of Christmas.

If you are setting goals for the new year, make sure you give your body time to rest and recuperate properly to increase your chances of achieving your goals.

Why rest is so essential

Focus

When your body is well-rested, you can concentrate better, process information more effectively and make better decisions. This is crucial for tackling challenging tasks and staying motivated throughout the year.

Emotional wellbeing

Chronic stress and fatigue can take a toll on your mental and emotional wellbeing. Allowing yourself to truly rest helps you to manage stress levels, promotes emotional resilience, and fosters a positive outlook, all of which are essential for achieving goals.

Motivation

When you give your body a chance to replenish, you have more energy and motivation to meet your goals and push through challenges with resilience and a positive attitude.

Physical health

Rest allows your immune system to function more effectively, making you less susceptible to illness. It also increases your energy levels, promotes muscle recovery, reduces general aches and pains and generally aids in your overall fitness and physical wellbeing. When your body is well-rested and feeling good, you are better able to focus on and achieve your goals.

Creativity and problem-solving

Rest allows your subconscious to make unexpected connections, sparking creative ideas and innovative solutions to problems.

Try incorporating these practical tips into your routine

1. Schedule downtime

Make rest a non-negotiable part of your schedule. Block out time in your day for activities that promote relaxation, such as reading, taking a bath, or spending time in nature.

2. Prioritise sleep

Make sure you have a calm and relaxing environment that will promote quality sleep. Establish a relaxing bedtime routine and aim for 7-8 hours of sleep each night.

3. Disconnect from technology

Technology is so readily available that it means our minds are always on. Reduce your screentime wherever possible – set time limits and boundaries around your device usage, turn off your notifications, take breaks from social media and avoid using devices before sleep.

4. Find your work-life balance

Allow yourself to switch off after work and try not to work too many hours outside your designated workday.

5. Practice mindfulness

Engage in activities like meditation, mindfulness, or yoga to quiet your mind and reduce stress.

6. Learn to say no

Don't be afraid to delegate tasks or decline invitations if you need more time for rest and self-care. You don't need to say yes to everything.

7. Prioritise self-care

Make time for things that bring you joy and relaxation.

Prioritising rest isn't about laziness, it's about investing in your wellbeing and setting yourself up for success.

By taking time for yourself to reflect on the year that's been, set your goals for the new year, and rest and replenish your body, you'll be well-equipped to approach the new year with renewed energy, enthusiasm, and a clear vision for your future.

Get support when you need it

If you require counselling, coaching or support, our experienced allied health professionals are available. Call us or request an appointment online.

**Looking
for more
resources?**



Register for [Wellbeing Gateway](#).
Your digital mental health and
wellbeing companion.

We're here when you need us

| AU 1800 808 374
| NZ 0800 808 374

assureprograms.com.au