

7 Ways to Recharge Your Battery

Physical rest:

Physical rest can be passive or active. Passive will be in the form of sleep while active physical rest can be through doing yoga, stretching, taking a walk, or getting a massage.

Mental rest:

Mental rest can be fantastic on days where there's a lot going on – conversations, meetings, courtesies, deadlines. Mental rest is achieved through brief breaks, taking a walk alone, by removing stimuli (phone, computer, tv and more), or through meditation and mindfulness.

Resting your senses:

Resting your senses can be relevant in our busy schedule where our senses are continuously working throughout the day. You can rest your senses by closing your eyes, remove electronics and screens, seek silence, or through meditation and mindfulness.

Creative rest:

Most creative ideas arise while we are thinking about something other than what we are trying to find a solution for. Sometimes the mind needs some air to be able to think again. You get creative rest by making room for thoughts without trying to control them or letting them be controlled by something else. Sit on a bench and stare into the sky, talk a walk, or write in your diary.

Emotional rest:

Emotional rest is about recharging our inner battery by doing things we feel good about. Emotional rest is about doing something fun or something that makes you feel good. This can be spending time with friends, family, a hobby, a sport, or whatever you enjoy spending your time doing.

Social rest:

Social rest is a way to recharge our inner battery by socializing. We can get energized by having a positive conversation, meet new people, see old friends, or socialize on our breaks and by the coffee machine.

Spiritual rest:

Spiritual rest is about doing something meaningful. We humans get energy and are recharged by doing something with an obvious and meaningful purpose. Spiritual rest is achieved by doing something with a strong purpose and by making room to focus on the purpose of what we are doing.