



WHEN EXHAUSTION
OVERWHELMS:

EXPLORING THE 7 DOMAINS OF REST

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She gives so much, is everyone's champion and defender, but often puts herself last. People love to tell her how strong she is, but she is exhausted. There is no energy left for herself, her goals, or her dreams.

***SHE** is burned out.*

People are experiencing less energy to do the things that matter most to them because of sheer exhaustion. Culture wars, political dissention, a challenging economy and many other stressors are impacting our ability to manage our mental and emotional well-being.

It is often especially difficult for women of color to embrace the concept of "rest" and this is rooted in our relationship with work, and the historical pattern of demands being placed upon us to sacrifice our own well-being for the benefit of others. Today, we still often feel we have put aside our needs to make a better quality of life for others and we are suffering greatly because of it. ***Taking time for your needs may be seen as selfish or frivolous, when in fact, it is a non-negotiable component of mental, emotional, social, physical and spiritual well being.***

There is a different perspective of what "rest" can be for you. Rest is defined as " to cease work or movement in order to relax, refresh oneself, or **recover strength.**"

There are many ways that we can recover strength in order to accomplish what we want to in our work and our lives, and that recovery is intended to be a joyful experience.

Here are 7 domains of rest in which you can discover how to recover your energy in ways that resonate for you, and move towards a healthier relationship with yourself through the practice of self-care.



7 Domains of Rest

Review these 7 Domains of Rest and consider what you want to implement that would help you recover energy in areas that you are lacking or where you feel depleted.

01 Mental Rest

Mental rest is allowing our minds to be quiet and still without ruminating on what needs to be done. Implementing a habit stack of including mental rest before bedtime or at key points in your day when your mind feels chaotic is a great way to improve quality of rest and quiet the mind. Guided meditation, visualization, and mindfulness practice are wonderful ways to access this form of rest.

02 Creative Rest

Creative rest is about experiencing beauty and art within ourselves without using our own creative labor to manifest it. Think spending a weekend in the mountains or in nature, lying on the beach, or attending a live show.

03 Social Rest

Social rest is when we spend enjoyable time with friends who rejuvenate us, rather than with people who drain our energy. Spending time with relationships that elevate our energy is imperative to well-being.

04 Spiritual Rest

Spiritual rest is how we cultivate personal relationships to achieve something greater than ourselves, which is uniquely defined by everyone's individual spiritual journey. Spiritual rest can also be time to reflect on love, being loved, and being fully seen and accepted by God or a Higher Power.

7 Domains of Rest (cont.)

05 Physical Rest (Active and Passive)

Physical rest is divided into passive and active: Active physical rest requires napping and sleeping; Passive physical rest invites muscle relaxation, stretching, and relieving tension from the body, such as doing yoga or stretching exercises.

06 Sensory Rest

Sensory rest asks us to be aware of the external stimuli that exhaust us (Zoom calls, our phone screens) and to set firmer boundaries to avoid burnout. Sensory rest with smart phones can include setting sleep timers that dim screens, add a blue light filter, and put on the do not disturb feature at a certain time in the evening.

07 Emotional Rest

Emotional rest is the ability to be honest and authentic when expressing our emotions, giving ourselves permission to feel whatever arises without judgment. Therapy, life coaching, or spiritual counseling can support emotional rest, and should be a place where you can experience safe,, judgement free expression and unconditional positive regard.

Be sure to discuss what resonates for you with your coach on your next coaching call and think about what **domains of rest** you would be energized by and how you can develop rituals of rest to engage in them more. **You deserve to revive your strength and live a life you love!**



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Kristen Newsome is an ICF Professional Certified Coach (PCC) with decades of experience and over 5,000 hours of coaching and mentoring clients to succeed in business, government, education, and the private sector. Her core values as a coach are centered on respecting, creating space for, including, and elevating the voices of women from bodies of culture with diverse ideas and experiences. She focuses on strengths and values based coaching so they may overcome self-limiting beliefs, clarify their vision in their own voice, and create an intention for the life, career, and impact they envision.

Currently, she is CEO + Founder of Level Up Coaching, LLC, and contracts as a coach with Spring Health whose mission is "making mental health accessible to all." Kristen is also the Founder and Executive Director of My Sister's Keeper Success Institute (MSKSI), Inc. a nonprofit 501 c(3) with national reach and a focus on BIPOC girls' personal & professional development and career mentoring.