

Beat Burnout

The 6 Types of Rest You Need to Beat Stress and Burnout



To combat stress and prevent burnout, it's essential to understand the different types of rest and recognize what your body needs most right now. Let's explore the six key types of rest that can help you recharge and restore balance.



EMOTIONAL

Cut back on pleasing people. Review your needs, set healthy boundaries.



PHYSICAL

Improve your sleep. Get a massage or take a nap.



SOCIAL

Take some time to be alone. Do something you enjoy doing.



MENTAL

Take a break, journal, read, spend time in nature.



SENSORY

Unplug for a moment. Take time out from social media and technology.



SPIRITUAL

Pray or meditate.



MICRO SELF CARE TO BEAT BURNOUT



STRATEGIES TO SELF SOOTHE

- Breathing
- Heart math
- Slowly turn your head side to side
- Ground yourself (spend time in nature)

Power is in the now, be present



PATTERN INTERRUPT

This is a technique used to disrupt a habitual thought process, behaviour, or emotional response. It gives you a moment to change your path or behaviour.

- Hand cream / hand massage
- Sing or hum
- Go to the bathroom
- Essential Oil / Face mist
- Drink of water



GROUNDING

Calm your nervous system by using your senses and ground yourself.

- 5 things you can hear
- 4 things you can see
- 3 things you can feel
- 3 things you can smell
- 1 thing you can taste



TAKE A MOMENT BREATHE

Breathwork meditation involves consciously and mindfully changing your breathing patterns to improve relaxation.

There are many reported benefits of breathwork meditation, from reducing stress and anxiety to improving sleep and mood.



RESET YOUR NERVOUS SYTEM

Double the exhale - Reset your nervous system and signal safety to your body. This simple technique helps you shift from fight-or-flight mode to a state of calm. Breathe in, then exhale for twice as long, gradually extending your breaths as you feel more relaxed.

In just 60 seconds, your body will start to relax and release tension with this healthy breathing flow.



FIND FOCUS AND CALM

Box breath - In 4, hold 4, out 4, hold 4 - Instructs your lungs to breathe rhythmically.

Eases nervousness and panic attacks, helps with insomnia and helps you refocus.

It can lower blood pressure and provide an almost immediate sense of calm.

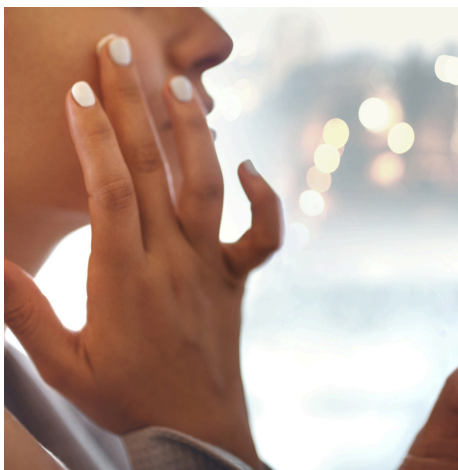


EASE ANXIETY

Two short inhales and one long exhale - Is called a physiological sigh or double breath. It's a simple way to reduce stress and anxiety, and can help you feel calmer and more focused. It can also help you regain a sense of control and stability.



TAKING CARE OF YOUR MENTAL HEALTH



- Get regular exercise
- Eat healthy regular meals
- Make sleep a priority
- Set goals and priorities
- Stay connected
- Be in the moment
- Stay hydrated
- Volunteer to a cause important to you
- Try a relaxing activity
- Laugh more
- Learn time management
- Pause - just relax
- Learn to say no
- Practice self compassion
- Catch your inner critic - speak nicely to yourself
- Declutter your space
- Use positive affirmations
- Practice gratitude
- Schedule holidays or mini breaks
- Talk to a friend
- Meditation or prayer
- Journaling
- Take breaks at work
- Eat lunch away from your desk
- Be creative
- Spend time in nature
- Make time for you
- Set healthy flexible boundaries
- Prioritise your needs
- Healthy skincare routine

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Nic Constable - Principal



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