
Power of Rest in Creating Optimal Health and Wellness

RESTORATIVE ACTIVITIES

- **Meditation¹**
- **Gratitude journaling²**
- **Deep breathing and breathing techniques³**
- **Guided imagery and/or visualization^{4,5}**
- **Massage,⁶ sauna,⁷ or water therapy⁸**
- **Mindful eating,⁹ walking,¹⁰ or body scan^{11,12}**
- **Many others!**

IMPROVE YOUR HEALTH

A wide variety of conditions are assisted by restoration therapies, including:

- **Anxiety,^{3,13} depression,¹⁴ and mood disorders¹⁵**
- **Cancer^{16,17}**
- **Chronic pain^{18,19} and fibromyalgia^{20,21}**
- **Gastrointestinal disorders²²⁻²⁴**
- **Sleep disturbances and stress disorders²⁵**
- **Heart disease,²⁶ diabetes,²⁷ and hypertension²⁸**
- **Hot flashes²⁹**
- **Asthma^{30,31}**

In a world full of stress and demands, rest is one of the most important factors for creating wellness. Restorative activities can include mental, physical, and/or emotional activities that help to promote resilience. Particularly if you are under chronic stress, restful activities can break the cycle of stress and assist you on the path to health.

Get Unstuck

Knowing that the brain is not static, but instead has plasticity,³² underlines one of the key reasons to practice restful habits: you can learn to be healthier, happier, and more connected. Focusing on the process of restoration, rather than current complaints or states, allows you to take charge of your own health and wellness.

You can become more resilient and healthier.

The Right Activities

Many people turn to television, alcohol, or other semi-harmful activities to counteract stress. Replacing even a few minutes a day of those activities with ones that scientifically promote healing and restoration can trigger lasting improvements.

Restoration activities like meditation,³³ guided imagery,^{4,5} breathing techniques,³ gratitude,² and mindfulness³⁴ are time-honored, science-backed ways to make a difference internally. They have calming effects not only on the state of mind, but also helping to balance hormonal³⁵ and immune function.³⁶

Don't let stress run the show. Select a restoration activity and see if it works for you—whether that's finding something to feel grateful² about every day or trying a new yoga pose.³⁷ Be intentional and open.

Take back a few minutes a day of your life, balance your emotions, and your health and wellness will follow.

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