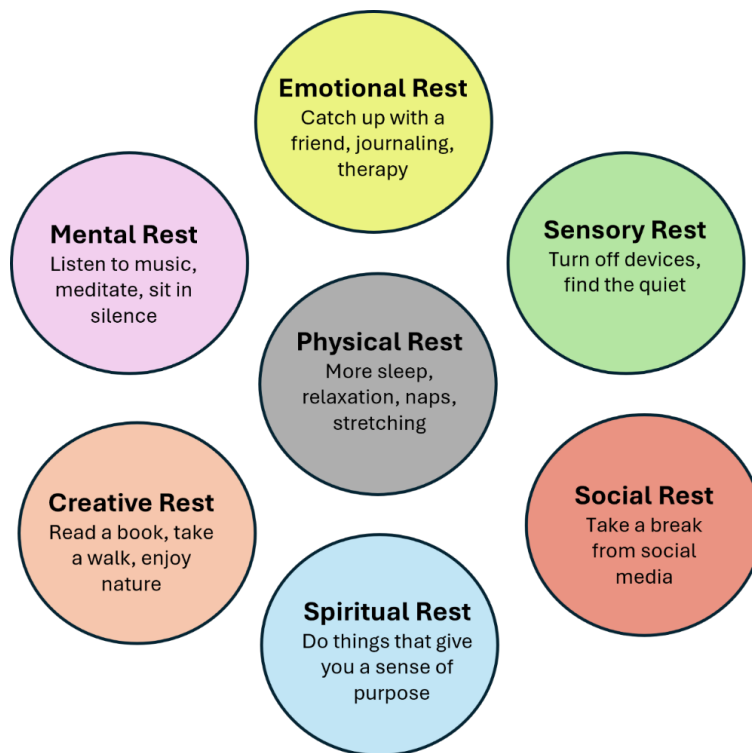


Beyond Sleep: The 7 Types of Rest You Didn't Know You Needed

Sleep is one way to restore and support mental health. But sleep alone is not effective in managing exhaustion and fatigue. Our minds and bodies need 7 different types of rest to feel refreshed and rejuvenated.



The good news is that rest is something you can practice and improve. Prioritizing rest can help you achieve a healthier work-life balance, improve well-being and increase productivity.

Adapted and resourced from: Dr. Sandra Dalton-Smith, M.D., physician, researcher, and author of the book Sacred Rest

**Exhaustion and fatigue are concerns for many individuals.
If you are struggling the Aurora EAP can help.
Please reach out at 800-236-3231 or visit www.aurora.org/eap.**