

A T I M E T O T H R I V I N G

Successful Student Transitions

Fundamentals for Well-being
Dynamics for THRIVING
through change

Episode 27
Rest and Recovery

Welcome to Successful Student Transitions – A Time to Thrive

This podcast series is for you if you are:

- A student leaving full-time education and moving into the world of work.
- A student moving to university or some form of higher education.
- An educator, parent or counsellor supporting students as they take the next steps in their journey from school/college/sixth form into the world of further education or work.

For many students this represents the first big life transition. It can be an exciting and challenging time.

This podcast series provides strategies to develop self-awareness, understanding and the ability to thrive through times of transition.

This episode is part of Series Three: Fundamentals for Well-being – Dynamics for thriving through change and transition.

This is the full transcript with links to associated episodes.

You can also access the show notes, resources and worksheets mentioned in the podcasts by registering [HERE](#).

About Your Hosts

Elizabeth Gillies

Elizabeth is an Education Psychologist based in London who has worked in schools as a psychologist at the individual, group and systems level for over 30 years.

She has been fortunate to live, work and raise her family in America, Japan, and Australia so, unsurprisingly, she is interested in the challenges and opportunities of transitions.



Elizabeth is a CBT (Cognitive Behaviour Therapy) and ACT (Acceptance and Commitment Therapy) specialist. She works in schools, on-line and, near her home base in South London, incorporating walking with talking therapy in green spaces.

At the crunch points at the beginning and end of the school year, Elizabeth runs workshops for young people, teachers, and parents to help them understand common patterns of transition and how to use this knowledge to help themselves during this time and future changes.

Together with a great group of professionals in London, Elizabeth is growing a multi professional support service called Special Networks and can be found [HERE](#)

Elizabeth is a member of FIGT (Families in Global Transition) and with Louise and another FIGT member, is a co-chair of the FIGT UK affiliate. Link to FIGT. Connect via LinkedIn [HERE](#)

About Louise Wiles

Louise Wiles is a well-being, change and transition consultant, trainer and coach and the parent of two teens.

Alarmed by the recent explosion of well-being challenges amongst children and teens, especially during exam years and through times of change and transition. Louise believes we should be better preparing young people for life beyond school and university so that they can thrive through the natural highs and lows of life.



Louise combines her professional background in organisational psychology (MSc) and coaching, with her expertise as a wellbeing, positive change and strengths practitioner and her personal experience of life on the move, to develop training courses and coaching programmes that help her clients prepare for, and thrive, through the challenge of change and transition.

You can connect with Louise on LinkedIn [HERE](#)

Website [HERE](#) and contact Louise [HERE](#)

Louise is also the author of *Thriving Abroad: The Definitive Guide to Professional and Personal Relocation Success*

Introduction

"I think we've got a lot to learn from nature, about the cycles of growth and rest. And I was listening, the other day to Rick Hansen, who's a psychologist, a senior fellow at The Berkeley Greater Good Service. and he's a positive psychologist. And he was talking about, interestingly, about what tulips can teach us about transition, who knew this? So that rest and preparation under a rich soil under the compost is really important for there to be a flower, for there to be a bloom. And, you know, we might be focused on just seeing the things where we are achieving, to be focused on the flowers. But what we also need to see and know about is underneath, you know for achievement, that vital rest is important in producing quality flowers." Elizabeth Gillies.

Hello and a warm welcome to Successful Student Transitions. I love this tulip analogy - I wonder how it resonates for you? As you settle into this next stage of your life, there will undoubtedly be a lot that you want to achieve, you'll be busy. At times of transition like this, we know it is also really important to think about how you are fueling our batteries so you have the energy and vitality you need to accomplish all you want to accomplish. So today, we are talking all about rest and recovery.

Now, if you're new to this podcast, a quick introduction. this podcast series is for you if you're facing a big life change, moving to university, a year abroad, a work placement or out into the world of work, Times of change like these can be both exciting and challenging. Our aim is to support you as you step out, find your new gear and thrive in this next stage of your life.

Using the latest from research in this field we share ideas from evidence-based practice to help you enhance your well-being in times of change. Our mission - to help you settle well and thrive in this next stage of your life.

So, why not rest a little as you listen to this episode, we hope to inspire you to use rest and recovery as one way to replenish your well-being.

Elizabeth Gillies 2:19

So today we're going to be talking about something that we both think is fundamental to our well-being. And that is rest and recovery. And we decided to make this a separate category to distinguish the difference between sleep. You know, we've had a recent one, podcast on sleep. So, we want to kind of talk about the difference between sleep and rest. And we often think sleep is rest. But in today's podcast, we're going see it's only one type of rest. And we're going to talk really more while more widely about other types of rest and recovery.

And, in viewing rest around times of transition, gosh, what an important thing it is. Because, you know, those transition times where there's lots of preparation and planning and new things, and new people new places. There's a really heightened busyness isn't there, Louise, when, you know, you've got everything doing and planning and time pressures and deadlines, and all those emotional challenges that we've talked about in the first few podcasts about change. So really transitions challenge making space for rest. And this, in turn has an impact on our energy to do the things we need to do.

And what if we're thinking more widely about rest, we might think it's not just sleep, but we might think about in relation to exercise. And for people who are taking the exercise seriously here on the podcast, you know that your rest days are really important to give your muscles time to repair. So that you return to training kind of stronger, that important rest prevents injury and promotes progress. So, exercise and your rest, give you muscle growth, who wouldn't want that?

Louise Wiles 4:12

Perhaps that's where I've been going wrong?

Louise Wiles 4:18

So yeah, and I wanted to at this point to share a lovely quote from Emily and Amelia Nagoski, who are authors of a book called Burnout, Solving the Stress Cycle. And they say, rest is quite simply, when you stop using a part of you that's used up, worn out, damaged or inflamed, so that it has a chance to renew itself. And I think that's a really lovely reminder that it can be anything, about any part of us in our life. And we'll come on to talk and give you examples later on. But it's not just about having a sleep or a short nap. It's more than that, we'll talk more about that. You know, resting after an activity that's depleted us in some way, has been found to eliminate the effects of fatigue. So, you don't necessarily have to go immediately to bed and go to sleep to recover. Just having a little break can help too.

Elizabeth Gillies 05:18

I think we've got a lot to learn from nature, about the cycles of growth and rest. And I was listening, the other day to Rick Hansen, who's a psychologist, a senior fellow at The Berkeley Greater Good Service. He's a positive psychologist. And he was talking about, interestingly, about what tulips can teach us about transition, who knew this? So that rest and preparation under a rich soil under the compost is really important for there to be a flower, for there to be a bloom. And, you know, we might be focused on just seeing the things where we are achieving, to be focused on the flowers. But what we also need to see and know about is underneath, you know, achievement, that vital rest is important in producing quality flowers. So, a nice thing to think about you know, in nature, this happens all the time. And it's something that maybe we can learn a bit from. And as always about how we think about the fundamentals. And today we're going to talk about rest and what we do about them, is unique to us.

And it could be maybe a time in the podcast to think about a pause and reflect on - What are the signs for you that rest is needed? There might be a signal somewhere. How do you respond to that signal? Or if you do, or do you just power through? Are there things in your day or week, you do, to rest, that's not just about sleep? So, it might be worth thinking about those three questions, because we're going to go into those in a deeper way. Louise, if we're going to take some of these things about, thinking about rest? What does rest mean to you? Do you have signs that rest is needed? And how do you rest?

Louise Wiles 07:36

Yeah, I think listening to this and thinking about this, I think about rest as being about sleep. And then I recognise exercise is a form of rest for me, too, in terms of going for a walk in nature, for example, I have a dog, I think I've said a few times before, taking him for a walk, I see that not as a sort of tough physical activity, I see it as a form of rest, a break from the everyday norms. And then, of course, there's the flopping on the sofa at the end of the day, which I don't always do, infact I don't often do, but

when I do, that's often because I've come to some kind of a full stop. But I do know that I, I have this thing with my family, and every so often, I come to what I call the big full stop, and I just feel absolutely exhausted. And I'll just say, right, I'm sorry, that's me out. And I was just reflecting on that and thinking, I wonder whether that happens, because I don't take enough, or pay enough attention to the whole question of rest. And taking rest from different things at times when I need to, you know, kind of all been ignore it and power on through. You know, because there's so many different things happening, different things to be done. I'm not always working, I work at home, but I'm surrounded by the house and all the responsibilities that go with that too. So, there always seems to be something else to go on to do. And then there's life, social life and all the fun things too. And then, every so often I yeah, reach this full stop. I think this will be useful for me to start thinking about where can I squeeze in some little rests so that I don't have to have those big rest moments?

And I think it's interesting, because I think from a cultural perspective, there is this kind of value, that being hard working is a good thing. And so, in order to achieve in life, in any area of our life, you know, we need to put in the effort, we need to do good work. And we have to work hard, which I think is really true to a point. But I was listening to a short YouTube thing with a guy called Alex Pang, who is author of a book about Rest. And one of the points that he makes is that rest is not opposite to work. Rest is necessary for good work. And I really like that distinction, because you kind of think work, okay, now I need to rest, but rest is actually what will help you to create that good work.

Elizabeth Gillies 10:09

And can I just say just like the tulip?

Louise Wiles 10:12

Yeah, just like the tulip. So yes. And so, he challenges the belief that there is this correlation between the amount of time we put into work and the results achieved. And he talks about, you know, a lot of the sort of very creative people, authors, people who have won prizes, Nobel Peace Prize, and so on. They tend to arrange their lives around their work, you know, we look at them, and we think they must work really hard to achieve all of that. And yes, works really important to them. But he says that a lot of them, don't spend the whole day working in a really focused way. They tend to get up and work really hard for a number of hours, and then move on to the rest of their day. And they layer that really intensive work. And then they are aware that they need to rest to recover, rest from that work to recover. And that it's in those recovery times that often the subconscious thinking is happening, which means that when they then return to that focused work, they have perhaps some solutions to problems they've been thinking about.

And they're able to move things forward. So, I think that's a really important point to make as well. Because if you're at university, and you're even, in your first job and you're working on a report or an assignment, you can feel that you got to be on it all the time. But actually, taking a rest from it, and recovering in some way by doing something different, can be really helpful. So, something to bear in mind.

Elizabeth Gillies 11:44

Yeah, I think that's a really good point. And we're going to come back to that one later as well. If I was to think about my signals about what I feel and notice within myself. I might be noticing I'm feeling just a bit busier than I want to be, maybe then I get a bit harassed. I've got to change plan, a bit like I did today, Louise. Trying to fit lots of things in. And I also notice, maybe if when I get up from my computer, my body feels, my neck, my shoulders feel a bit tired or something. So, I kind of know my signals, or some of my signals about 'oh, rest is needed here'. And I think it's a rest for my mind and my body, my body, it's telling me, you're sitting too long, Elizabeth. So, I'm a bit like Louise, I like to move, I like to walk, I like to run. So that movement, although it's an activity, it actually gives me a space to kind of do other things, I really like to either walk around without listening to music, because I'm quite interested in what comes up in my mind at that point when it's just allowed free rein and a bit of creativity.

And I like to connect with nature, a bit, like when we're talking in our movement, podcast, you know, to go on that wonder walk and just kind of see the bigger picture of things and my small place in it. So, and of course, I know, getting to bed going to sleep is really important for it, too. So, there are things that I know are my signals and we're going to talk a little bit more about that as well. And then what do you do about meeting those needs. So, it's not just about sleep, is it? But what about rest? How much rest should we have Louise? what do you think about that?

Louise Wiles 13:48

Well, I know that some studies have been done. And they suggest that the body and brain need on average 42% of our time spent resting in some ways, so that's sleep and rest. It doesn't have to be every day, though. So, it can be an average over a week or month, over a period of time. So, we might have periods of intense work and activity, whatever that activity might be. But as long as we sort of make up for it later on, that's fine. But it's around 42% that we should be sleeping or resting in some way. So, let's talk about what qualifies as rest. Elizabeth, I know you've got some interesting insights here.

Elizabeth Gillies 14:27

So, Louise, and I would really like to introduce you to the work of Sandra Dalton Smith. And she has some great TED Talks. She's got a book called Sacred Rest. And she talks about there are seven types of rests. So not just one or two, but seven of them. And she kind of developed this theory because as a doctor, she found lots of people were coming to her, they were getting their eight hours asleep. But people were waking up tired. So, what was happening there? So, she kind of thought something more than sleep was needed here. And she kind of posed the question about how you can keep your energy, happiness, creativity, relationships, fresh and thriving, in the midst of this never-ending kind of demands of life, family demands, career, work, stress of everyday life. And we're going to add that bit about transition in there. So, our question would be about how you can keep your energy, happiness, creativity and relationships fresh and thriving, of course, in this transition from school, to university or work?

So, for her, you know, I can hear you all thinking seven types of rests, what are they about? So, for her, her focuses are, and we'll go through each of them kind of individually, but they're physical, mental, emotional, social, sensory, creative, and spiritual. And like everything, they'll be different for different

people, just like the drains in your well-being bucket. And of course, these might be really altered during a transition time. So, for her, it's about noticing where the drains are in these different areas of need of rest and thinking about ways to meet that need. So, let's just touch on each briefly.

Elizabeth Gillies 16:23

So, the first one is the physical, the one we associate rest with sleep, and of course, that's part of it. You might re-listen to the podcast, but it's also about, as I was saying, about body feelings, being tired and your body feeling stiff, feeling achy, especially if you sit a lot of the time, you know in your day, or you know if you're on your bed, you know with your computer and kind of reading or stuff like that. So in that kind of transition from school to wherever you are, you might be less active in the day, there might be spurts of activity, but it likely be a little bit of a change. So, what she would say, if you're noticing signals of feeling tired either, within your body, thinking it's maybe more than sleep. She kind of says that it's not maybe more inactivity you need, but maybe different kinds of activity like movement breaks. Remember, we talked about raising your calves when you're sitting in the movement thing. So that brings us back to that about stretching, about massage. It's about maybe using your foam roller to build in, like Louise said, just little bits of moments of rest throughout the day. And this is especially important, you know, when bedtime comes. You know, how sometimes you get overtired, and you can't sleep, if your body's too tired, or mentally if you're too tired. So, you know, we might think about 'oh, I just need to flop on the sofa now', as I do sometimes, too. But be thinking about how to move your body in smaller ways to get it to have some energy there. Anything else you want to say about that one?

Louise Wiles 18:05

No, I don't think so. I think you've covered it well there. I think it's just important to think about movement in its widest sense. So, if you haven't listened to the movement episode, then go and listen to that, because we go into that in a lot more detail in that episode.

Elizabeth Gillies 18:30

So, the mental kind of area of rest, is the signals you might be noticing there as about being forgetful, you've got brain fog, you find it really hard to concentrate, maybe you've got a lot to remember. And that's certainly true, you know, that entry phase of transition that we talked about, when you've just got a lot to kind of attend to, and a lot in your diary. So, if you notice that and you're maybe you're feeling a bit overwhelmed by all this stuff and remembering things. The answer, according to Sandra Dalton Smith, is not to multitask. But to have a bit like Louise was talking about earlier, fixed times to work and focus, and then times to turn off. So, you know, one of the things that I often talk to students about is that Pomodoro Technique, we'll maybe put a link up to it at some point, where you work for periods of 25 minutes, setting yourself some aims and goals on what you're doing, and then reviewing at the end. So it is that focus work and stuff. So, it's not kind of having huge long spells or work, or even when you're procrastinating dare I say, when you kind of think, 'Oh, I'll do this, instead of that' – well there's no rest in that at all. So slow down, have a kind of strategy of how you're doing the things that you need to do, give yourself breaks, it's really important.

Louise Wiles 20:14

Yeah, and I think it's really important to remember that, you know, thinking and sort of cognitive work, even though you're kind of feeling it was sedentary, because you're just sat perhaps or standing if you

do a standing desk, but not moving much, not particularly active, it still absorbs, takes quite a lot of energy, our brain absorbs a lot, or needs a lot of energy to function. So that's why we do get tired. So, I guess one thing would be to take rest breaks and remember to replenish in terms of nutrition, water, often water we forget to drink. So, drinking would also help. And of course, at times of high levels of stress, new situations, or perhaps you know, for example, you've got your first assignment, first project that you're having to focus on, you feel you've got something to prove, you're adding an extra layer of stress to it because of that. It's even more important at those times to recognise that, and take a step back, and give yourself some space and time to rest.

Elizabeth Gillies 21:21.

And I agree, and in those times as well as that mental stuff going on, there might be kind of times where you need emotional rest, which is the next one where you might notice a lot of overwhelm. When you know there's all that friendship frenzy going on, meeting people, and trying to keep your emotions under control in this new setting you find yourself in, not wanting to lose it, maybe there will be a lot of kind of comparing yourself to others. Thinking, 'oh they're getting on with things, they've got friends, I haven't.' So maybe even kind of replaying situations, maybe go back to that Minding Your Mind episode that we talked about. So, when you're feeling that your emotions are in deficit, you might find emotional rest in, as Sandra Dalton Smith says, journaling, just writing down about your emotions and what's going on for you, maybe even looking for patterns about it. Notice and naming your feelings. So, there's my anxiety, there's the anxiety, again. Remember, there's some of the common emotions that we talked about in transition times, that mix of competing emotions about being excited and nervous, being happy and sad. So just kind of noticing and naming those emotions that are around for you, that are common at the beginning of transitions. And, about being compassionate with yourself at these times of new beginnings. If there's a lot of this kind of emotional stuff going on, you want to still be connecting with the people that you know, well, and can trust. You might not have made your big friendships yet. So be thinking about those old ones that you have, people that can talk and listen to you. Maybe family and previous friendships. So be thinking about connecting in that emotional way with people that you know, well.

Louise Wiles 23:26

Yeah, absolutely. And perhaps you want to, one thought that occurred to me was, perhaps sit down and watch something comforting. I know, I don't think my daughter would mind me sharing this. I know, in her first term at university when she was feeling a little bit stressed out by it all, she would sit and watch Friends. I think she must have watched Friends so many times over the years. But that was her comfort. So, I'll just watch an hour of friends before I go to sleep. I know you're not supposed to have your computer out, but that worked for her. So, this is all about whatever works for you. So yes, looking for something that you will find comforting, perhaps and drawing on that too.

Elizabeth Gillies 24:08

Yeah, really nice. Who doesn't like Friends?

Social rest is the next type of rest that she talks about, might be challenged when you've lost those old contacts. And you are in that kind of making new friends in early university days.

So, you might not get a lot of social rest with, you know, with new people, new places, there might be a bit of anxiety and pressure of going out and again, comparing yourself to others. You know, Louise and

I were talking earlier about, just that fear of missing out on stuff, you know, and that feeling you've got to go out all the time. And Sandra Dalton Smith suggests it's good for you to know, your preference for socialising. You know, and if we talk about loosely in terms of extroverts, you know, people that get a lot of energy from people that are around them and being with other people. Being with a lot of people might be the good thing for you. Whereas, if you're maybe a bit more kind of, you don't want so many friends, maybe that kind of introvert title, you might want fewer friendships. So, knowing your kind of pattern could be a really important thing so that you don't feel forced into doing things that you don't really, you know, if you don't want to go out, you can say no. So not saying yes to every invitation. Trying to do less might be a part of the equation and to know that rest is important for you.

And again, keeping the connections with people you know, well, when you're meeting new people. So that balance of old friendships and making new ones is really important.

Louise Wiles 25:55

Yeah, I totally agree with that I recognize and I kind of, if there was a continuum of extraversion to introversion, I think I reside somewhere in the middle. I'm not an out and out extrovert and so I find something like the new social friend making frenzy, I would find that exhausting after a while and so I know that for me, I need to take a step out, step back and it's not that I don't want friends, I do want friends and I enjoy people's company. But then I also know I need time alone. And so not being worried about taking that time for yourself. Because then that means you're energised for the next social connection and that will be so much better. And I think also stress reducing conversations are really helpful. So, knowing who you can have those with, and finding those times and opportunities to love others and demonstrate your love for others but also feel loved by others because in those situations you feel safe, and there's a psychological reason and benefit for it, because your brain replenishes when you're in those kinds of situations. Your brain is not alert, it's not, there's no fear response happening in those situations, you're feeling calm, and safe. And that's a really nice place to be sometimes. And it encourages you to remember why you feel safe. And that's also an important thing to be able to tell yourself as well.

Elizabeth Gillies 27:21

Our next sort of rest area is sensory rest. With signals, you might be feeling overwhelmed with noises irritating you, you might feel agitated, you know, that constant stream of media, emails, texts, and feeling you've got to get to it right away, you know, that you have to be on it. Feeling overloaded with your screens. Noticing, 'oh, I actually spent a long time on my screens today.' And of course, there are individual differences in this. But you know, that being bombarded with things especially, you know, in this transition that we're talking about, it might be helpful to lessen your sensory overload. So, there might be a little bit of turning off your screens. But there could also be bits about things that Louise mentioned that I mentioned before, just a walk in a quiet place. Having a playlist that will bring you some rest and not energy, closing your eyes, being in nature, remember how we were talking about, in the movement episode, about that 'wonder' walk. So just about getting out of and away from where all this busyness happens, into other spaces that where you can feel some sensory rest.

Elizabeth Gillies 28:56

We're nearly through, the next one's creative rest. And creative rest is about experiencing wonder and awe, we've talked about before, how do you stay inspired? How do you have time to kind of problem solve? How do you have time to be thinking new things? Having some creativity within you? So, if you're feeling less motivated to do what you need to do, you're feeling a little bit on a treadmill that, you know, when will this ever stop? Can I get off? When you feel like sort of giving up. Then how Sandra Dalton Smith's kind of taken this would be, planning in your time something that brings creativity back into your life. So, for some people, it could be a visit to a gallery or exhibition, some people that could be nature. For some of us, know what it's like when you're a student, you think about what am I going to put up on my wall, or what my plants am I going to have in my room? So, bring things into your space, you know, have an inspiring poster, have some plants, have some shells, have some things that you see beauty in, that you can look at that might give you that kind of sense of creative rest.

Louise Wiles 30:07

Absolutely. And I think it's also about for building some fun into it as well. So, you know, making sure it's stuff that you enjoy. And Marcus Buckingham, who is a researcher, he worked for a long time at Gallup. And he's just recently published a new book called Love and Work. And his whole point is that when we're doing things that we love, we perform and work at our best. Now he acknowledges that we can't spend all our time doing this. But he suggests that we look through, for what he calls the 'red threads' in our lives, the times when we're doing what we love. And then see how much more we can build those into other areas of our lives as well. So, something that you can do is just to reflect on your day and think about those times when you felt really inspired, and think 'Well, what was I doing at that point? And how could I build a bit more of that into my life?' And he thinks that what we love to do relates to our strengths. And so, there's a whole further conversation to be had around using our strengths. And we will have that in a future podcast. But when we are using our strengths, we're doing often what we love to do and that we're good at, and we are then simply at our best.

And I think linking to doing some stuff that we love to do and that we're interested in is this whole concept of doing stuff that, feels like it's play, it's fun. I think often we can be so serious.

And going back to Alex Penn Pang that I talked about who wrote this book around Rest. He says, you know, a lot of really ambitious people can over time, cause themselves slow self-harm, he calls it slow self-harm through their ambition and their hard work, because it's not something we respond to immediately, if we're working really hard, and we're not taking breaks, it takes time, to come to a point where it is costing us something very obvious, and you know, we suffer. So, a lot of people are causing themselves to slow self-harm. But then they realise that they need to do something. And they counteract this by getting serious about their hobbies and taking time off to do the things that they really enjoy. Often what they find is that they're using their strengths in those kinds of situations, too. So, one thing you can do is think, well, what are my strengths. And what do I do really well. And do it really well, in a work situation. Well, how could I also use that in a fun, playful way too. And it might be, you know, going and joining clubs, if you're at university volunteering, it might be getting into sports, and using those skills in those that way. But thinking about how you can just go and enjoy it, rather than it always being about work.

Elizabeth Gillies 33:05

Really nice to remember the fun in this as well and linking that creativity and doing things that are enjoyable for them.

Louise Wiles 33:15

Yeah, And I think we do forget that don't we it can become quite serious. Hopefully, if your university it hasn't, isn't too serious, in the first weeks and months. But certainly, if you've taken, if you're listening to this, and you started a new job, you know, there perhaps is the chance that that can become quite a serious thing. Because obviously you want to perform and do well. And you need to counteract that it's so important that you counteract the effort you're putting in, the energy putting into that performance, with some restful times of fun and enjoyment.

Elizabeth Gillies 33:50

So, the last rest that we're going to talk about today is something called spiritual rest. And that's the desire to belong to something, have something that brings you purpose and meaning. Which can be a bit of a challenge, can't it? You might find yourself questioning, what am I doing? Why am I here? Is this the right choice for me? as often happens at the beginning of kind of new things for people, expected in most transitions. So, if you're looking for spiritual rest, it's when you might want to join some communities or groups that give you a sense of purpose. And that's maybe beyond your work or beyond the university. When you think about, especially at universities, there's usually a myriad of things that you can join into, but look for something that's going to bring you something, maybe that sense of purpose and meaning, something bigger than you, something that really interests you, something that you maybe wanted to do. So instead of kind of going back to the familiar, or I did this at school, so I'll do that there. Maybe think about, it's a time to do something different to really kind of try other things out, you never know where that will take you. So, transitions could be a time to thrive and being part of something quite different.

So, there are we've introduced you to the seven types of rest. So, there are lots of ways to rest and then restore. So, the kind of thinking behind it is, know you have a rest deficit, where is my tiredness? And then implement strategies that give you the energy to do what you have to do? So, in principle, it sounds quite easy, doesn't it? But we have to think about, well, what gets in the way? And we've talked a little bit about that already. What are the things that you think get in the way, Louise? What gets in the way of us not taking the time to rest?

Louise Wiles 35:57

Well, I think perhaps we sort of mix up with sleep, you know, we think that rest, is just sleep. So, we have a very limited view about that. And I think it's easy to undervalue rest, it's easier to undervalue rest and do it wrong. I think that's a really important thing to remember. So don't undervalue the importance of rest and do recognise it as something different from sleep and be motivated and take it seriously enough to make time for it in your life. I think that is really, really important.

Elizabeth Gillies. 36:34

And going back to that lovely tulip metaphor, you need that to bloom, you need to have it. And I think there's another thing there about, sometimes culturally, you know, 'How are you?' 'I'm really busy', we

think about busy being a good thing. So, and maybe we're used to it, we're used to kind of nobody says, 'Oh, I've got nothing to do,' and how the judgments might come with that. So, we accept, we're always pushing ourselves, we're always busy, maybe we accept that tired is how we have to be. And maybe only thinking, well, the only thing I can do is go to bed earlier and sleep is the only answer. So, we're kind of saying, Yeah, busy can be good. But rest is also really important.

Louise Wiles 37:25

Yeah, and I think often we're so driven to achieve. And I guess this applies, we're kind of touched on this as well, haven't we, in the university setting you want to be and do well. And if you're in a new work situation, you want to prove that they chose the right candidate, you're the right person for that role. And so, you'll force yourself to keep going. And, and there's this kind of belief isn't there, that if you're not doing stuff, you're lazy, you hear people say that. And so, we just work harder and harder. And, yeah, over time, that has a negative impact, because there's only so much hard work we can do in any one 24 hour period. And I think people are really beginning to understand that. And it's important to recognise it's true. We get more done, when we rest as well.

Elizabeth Gillies 39:19

Some of us, you know, might be not very comfortable or familiar with that rest mode. Like if this is something new you haven't really heard about today. So, you know, when we think, 'Oh, well, when I rest, I might end up feeling bored. Or I might end up having thoughts and feelings that, you know, I don't really want to have or maybe are hard to manage.' And maybe when we get into rest, we have a mind that races and does get us into kind of ways that actually is not restful. So, for some of us rest might be something completely new. And something that we need to kind of learn to do, and perhaps kind of experiment a little bit with, well, How can I rest? What helps bring me rest? Maybe, it's particular ways of resting that are good for me. So, there's some experimenting about that isn't there?

Louise Wiles 39:17

Yeah, and I think one helpful thing to do, if you want to get into this and analyse what works for you from a risk perspective, is to just create a table, a 24-hour table, perhaps just noting down each hour. So, you go from 12 to one one to two and so on throughout the 24-hour period. And then have a think about what, or note down, when you have rested during that period, in that 24-hour period and what kind of rest it was, what are you resting from, and how you were resting? And then create your ideal day and see how the two compare.

Elizabeth Gillies 39:57

I'd have lots of rest in mine. If you if you're interested more about Sandra Dalton Smith, of course, she's got the book Sacred Rest, there are podcasts she does, there's TED talks, and she's got a test called Rest Quiz.com, which looks at rest deficits, where your rest is missing. And, to suggest ways to restore. So, we can put ours a little bit more slanted towards transition, hers won't be but it's really kind of good reading. And what were your resources?

Louise Wiles 40:40

Yes, you might want to have a look at the book about Rest - Why you get more done when you work less, and also Burn Out: The secret to solving the stress cycle, by Emily and Amelia Nagoski. Now, the

only thing about that is that that is focused on women, it has that kind of female focus. So, but yeah, I'm sure there are strategies that are relevant to both genders.

Elizabeth Gillies 41:00

So good to know that there is plenty of stuff out there. And the other thing it's good to know is when do you feel like you're fully restored. You've got enough energy in your batteries. And it might be useful to think about when you wake up tomorrow morning, do you feel like that sleep that you've had, gives you the energy to start the day?

Louise, we've been putting the PERMA in at the end of our Fundamentals haven't we? So, remember the PERMA; positive emotions, engagement, relationships, meaning and accomplishment, and how easily this sits alongside rest, doesn't it? So, your positive emotions will be, you'll be more rested and more in tune with yourself, you'll be reading your signals and doing the stuff you need to do. So, you're going to feel good about yourself, aren't you?

Louise Wiles 42:09

Yes, absolutely. And you'll be engaged, hopefully, in more aspects of your life, you know, rest contributes to engagement, when you need to engage in engage your strengths, engage in the work that you enjoy doing, physical energy, creative, social, all of those things we've just talked about. When we're rested, we have more energy to contribute to all of those areas.

Elizabeth Gillies 42:36

And when you're socially and emotionally rested, that's going to make you able to form really good connections with people. And to know when you need to get more involved with people, and do more, but also to know, actually you know, this is a time for me to rest, time for me just to kind of be on my own, time for me to refill my bucket.

Louise Wiles 43:02

And then meaning, you know, the spiritual rest is the background to being involved in activities that bring purpose. So, you know, if you are rested, then you're more likely to put energy into those activities, you're going to be more likely to see the meaning, the purpose, enjoy the contribution you're making. And that will have a very positive impact on your well-being.

Elizabeth Gillies 43:30

And the last thing of PERMA is that accomplishment. And so, you know, we're going to leave you with that image of the tulip with the bulb. And so, you'll be able to accomplish more, when the bulb has rested. And then it comes in time to flourish and bloom in many different ways.

So that's our kind of PERMA covered quite nicely in relation to rest. And just reminding you at the end that the structure that Sandra Dalton Smith brings to rest is, know that rest can happen in lots of different ways. And actually, you don't need to wait until you're in deficit. There are plenty of things that you can be doing intentionally in your day. So be aware of the factors for you, that hinder rest, and the factors that enhance it, in those seven ways and even many more.

Thanks for listening, have a rest.
Take a break.
Thanks for listening. Bye bye

Resources:

So, we hope this episode has given you lots of ideas for building rest and recovery into your busy days.

Rest and recovery is only one way of replenishing your well-being bucket:

If you are interested to know more about the well-being bucket listen to Episode 23 [HERE](#)

If you want to know more about PERMA listen to Episode 22 [HERE](#)

And for content about the benefit of good sleep and how to get a really good nights sleep go to Episode 24 [HERE](#)

Resources that you may like to check out include:

Rest: Why you get more done when you work less: Alex Pang

Burnout: The Secret to Solving the Stress Cycle: Emily and Amelia Nagoski

Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity – Sandy Dalton Smith

Ted Talks by Sandy Dalton Smith - [HERE](#)

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