

How to Rest When You Are Too Tired and Busy to Rest

"You just need to get some rest" can sometimes be negative advice, because for some carers, this may raise thoughts of whether they are inadequate, particularly when they are just too busy to rest. When thinking of the to-do lists and daily routines rest can seem such a difficult topic: where do you find the time?

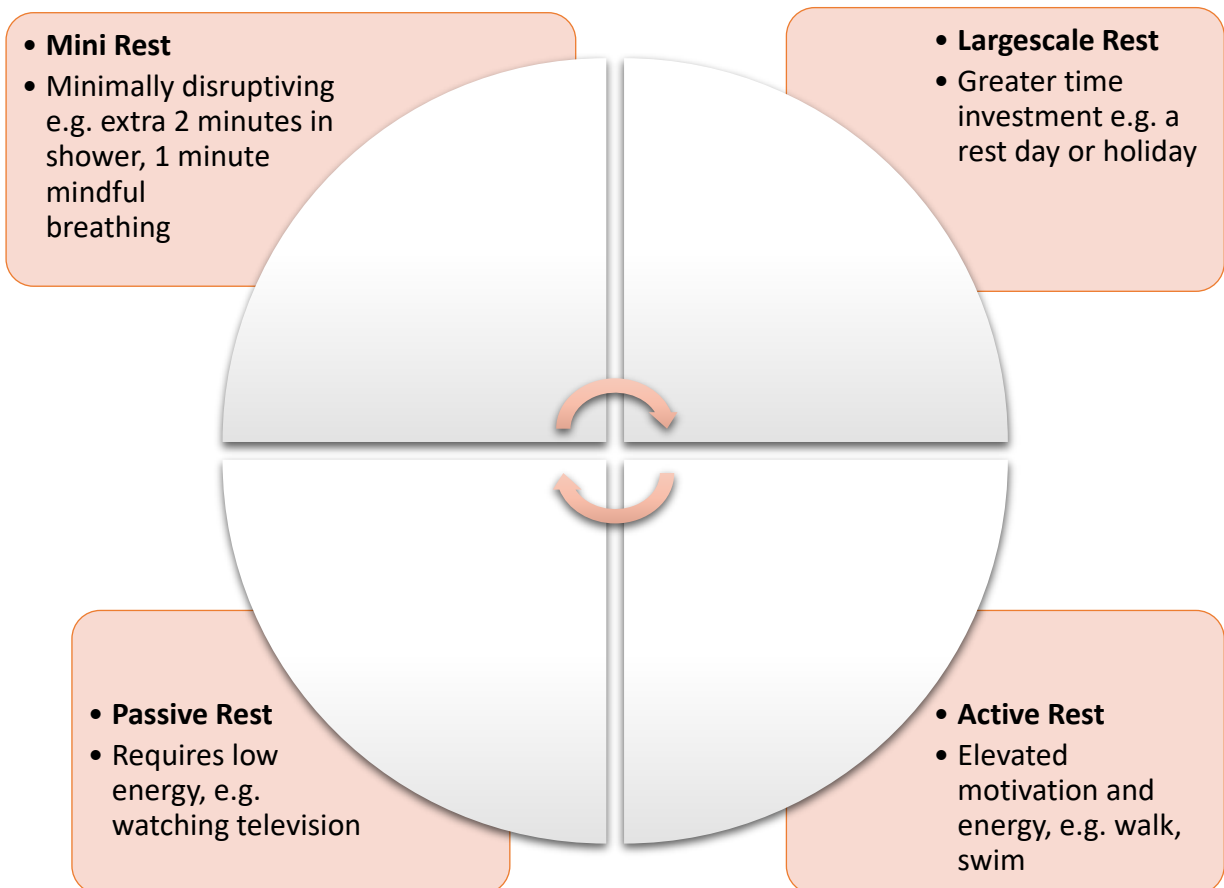
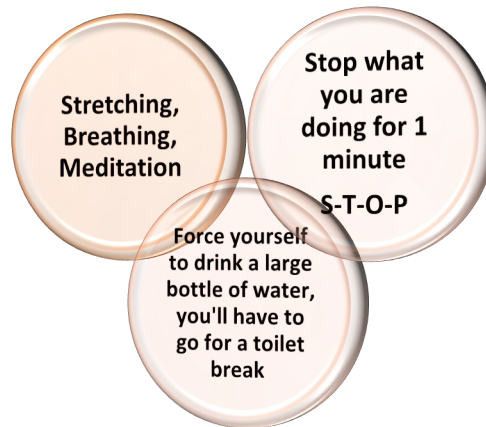
- *How do I rest when I have so much to do?*
- *Even if I pause my body, how can I stop my mind from racing?*
- *Is there such a thing as 'I'm too tired to rest?'*

Tips for Incorporating Rest into Routines

- Without restraining yourself, think about and write down a list of activities that help you find relaxed or renewed feelings of wellbeing.
- Think about **passive** versus **active** forms of rest and relaxation. Passive rest can include watching TV, listening to music or scrolling online. Active rest may include a walk, going shopping, or playing board games. While both forms of rest are effective, people tend to find more time for passive rest as it requires less energy.
- Consider **mini** versus **largescale** forms of rest. Sometimes carers think more of largescale resting, which is why it seems unachievable. Largescale rest is resting over a substantial period, such as taking a holiday (often not possible). Mini rest is more like a little nibble, you can grab it in a second and quickly recapture a sense of wellbeing e.g. going for a walk around the garden, engage in some breathing or stretching exercise, or even phoning a friend.
- **Mini** versus **largescale** rests tend to shift with the different chapters of our lives e.g. for Jamie a retired businessman, a two-hour walk can feel a largescale rest, while his son who is a triathlete this is a mini rest.
- An important **mini** rest involves celebrating something every day. Even the toughest days can include moments to be applauded, whether it's a smile or laugh shared, or even a small win (today I was able to get mum to have a glass of water)

The following matrix may help you to think about what works for you. Your responses may include anything from a 1-minute meditation to a holiday, or a chat on the phone with a friend, to organising some overnight respite care. There are no limits: you are not intending to complete the list, (and then feeling guilty when you didn't complete it), but just identify that you can find a 'rest' that suits you.

Mini Rests



STOP

S - stop and pause whatever you are doing

T - take a breath

O - observe your thoughts, feelings and surroundings

P - proceed and decide how you will respond