

WELLNESS LETTER

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December 2023



REST

Rest is important in maintaining both mental and physical vitality. Rest gives our mind a break from constant stimulation and the demands of life.

Prioritising rest daily allows us to recharge mental energy for better production, increase concentration, improve mood, reduce stress, create a better metabolism and immune system.

Rest is more than the 7 hours of sleep recommended per night, it is about taking regular breaks allowing our mind and body to replenish. These breaks are where our body and mind are resting, not engaged in work or our responsibilities.

There are many reasons why we do not let ourselves rest, including:

- Drive to achieve
- Perfectionist or controlling behaviours
- Uncomfortable with rest/ feel bored (n.b. may be an indication of underlying feelings such as loneliness or anger)
- Afraid to rest, as it has been discouraged and/or stigmatised as laziness
- Mind racing, struggle to switch off thoughts



RIGHTS/ HISTORY

Focusing on the discouragement or stigmatising of rest- here are some facts that may shift your perspective:

- In the 1800s Union Movement secured better working conditions such as 8hr working days
- 1906 Federal Maritime Award introduced paid annual leave after a series of strikes in the 1890s
- 1946 after World War Two ended, workers won the right to 2 weeks of annual leave

Here you can see (AUS) workers fought for our rights to adequate rest.

Some general (AUS) work rights are:

- Rest breaks, to give employees a chance to step away
- Meal Breaks, to give employees a chance to eat a meal
- Right to use the bathroom and drink water
- Entitled to leave (i.e. annual, public holidays, personal/sick, long service leave, compassionate leave, maternity/paternal leave, etc)

Keep in mind these rights may vary depending on award, hours worked per day, contract type such as part-time, and length of employment.

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HOW TO REST

Rest activities include:

- Deep breathing
- Focusing on what are senses are picking up
- Daily meditation
- Aromatherapy
- Listening to music
- Taking a social media break
- Escaping to nature
- Yoga
- Journaling or colouring

The following may impact our ability to rest:

- Unusual sleep patterns
- Excessive use of technology
- Drinking caffeine or alcohol before rest
- Consuming cigarettes
- Eating large meals, or skipping meals
- Exercising too close to bed

RESOURCES



EAST Acronym

- E- Eating,**
eat regularly and healthily
- A- Activities,**
engage in activities you enjoy
- S- Sleep,**
try to go to bed at a regular time
- T- Time,**
spend time with loved ones



UCLA, Meditations

Regular podcasts and accessible recordings



NPR, Isle of Calm

6hrs of soothing Music



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