

# Lecturer's Contribution

## How to rest well?

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When you think of resting, what pops up in your mind? Most people view resting as a state of not being productive and that it's pointless. However, contrary to this belief, work and rest are not the opposite. In fact, they are partners that support and justify each other. Each provides the benefits that everyone needs.

We already know that work brings productive outcomes. However, resting also brings benefits - improved productivity, memory, creativity, mental and emotional health, and concentration. You may not experience them immediately, and what you have to do is to allow the benefits of resting to manifest gradually.

Although we may think resting is easy, some may find it challenging to practise it. The common challenges include insufficient time, unsure how to, and difficulty remaining idle. Regardless of how tough it is, you may have to start somewhere, even if you can only rest for five minutes daily.

If you're unsure how to and find it hard to remain idle, try looking at the variety of rests - if you run out of good ideas and are creatively drained, you might choose creative rest to allow yourself to appreciate the beauty surrounding you. If you are physically tired and in pain, physical rest suits you. If you are easily irritated and upset, you might need emotional rest. If you are overwhelmed, easily distracted and unable to concentrate, it is a good idea to have mental rest. If you are craving alone time, then you might need social rest. If you are uncomfortable with noises, it's time to get sensory rest. If you are looking for what is meaningful for you, that means you need spiritual rest.

Rest is essential in our lives. Rest is a skill. Keep practising to know how to rest well!

