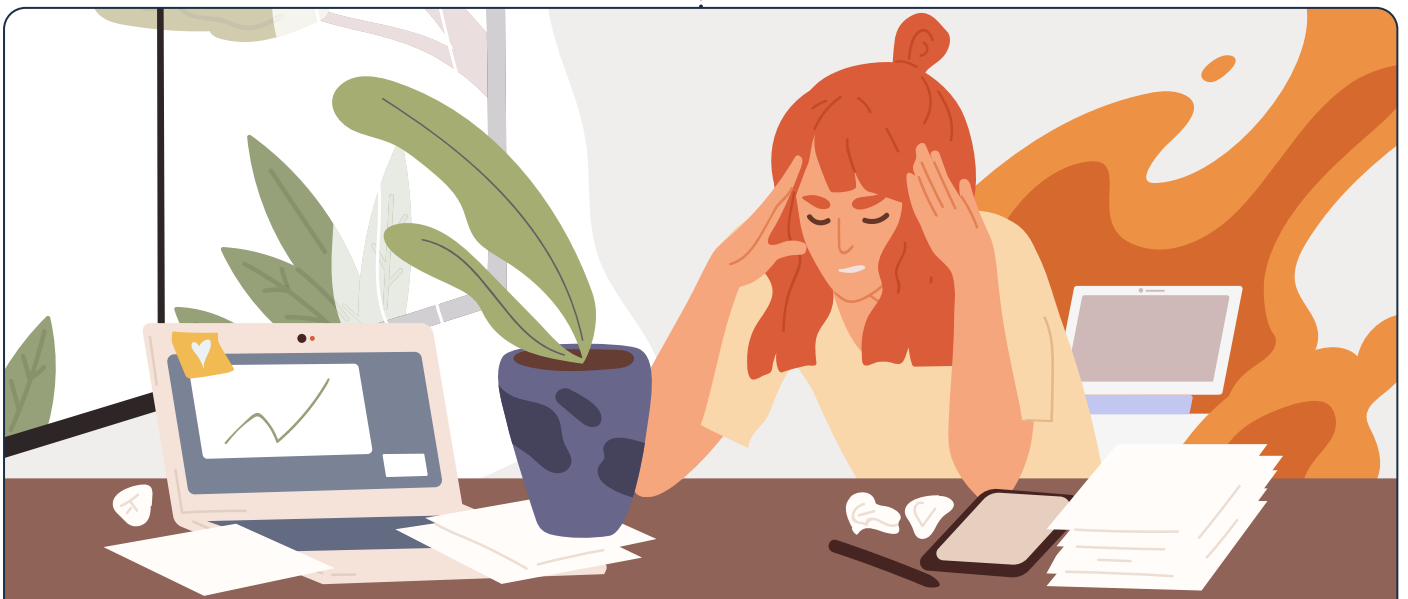




How to reframe the guilt towards resting

In today's fast-paced world, it's no surprise that many of us feel guilty for taking a break or enjoying a moment of rest. Society often perpetuates the idea that we should be constantly productive and goal-oriented, leaving little room for relaxation or downtime. **We'll explore why negative attitudes around rest exist and offer practical suggestions for shifting these attitudes.**



Why do we feel guilty about rest?

One reason people feel guilty about rest is the strong societal emphasis on productivity and the belief that our worth is tied to our output. With the rise of social media, we're bombarded with images of others living seemingly perfect lives, creating a perpetual fear of missing out (FOMO) and feelings of inadequacy. Furthermore, workplace expectations and the growing gig economy have also contributed to a culture that values long hours and constant availability over balance and self-care.

The impact of negative attitudes towards rest is undeniable. In 2020, the Mental Health Foundation found that 74% of UK adults experienced overwhelming stress, leading to numerous mental health issues, including anxiety, depression, and burnout. Moreover, a study by the Sleep Council revealed that 40% of Brits experience sleep problems at least once a week. **This lack of rest can have severe long-term consequences on our mental, emotional, and physical wellbeing.**

So, how can we begin to reframe guilt and change our attitudes towards rest?



1



Acknowledge the importance of rest

First and foremost, it's essential to understand the value of rest. Rest is vital for our physical and mental health, providing our bodies and minds with the necessary time to recover and recharge. Studies show that regular breaks and relaxation can reduce stress, improve cognitive function, and enhance creativity. **By recognising the importance of rest, we can start to break down the guilt associated with it.**

2



Set boundaries

Setting boundaries around work and personal life is crucial for maintaining a healthy balance. This includes creating a dedicated workspace, establishing a routine, and disconnecting from work-related devices and communications during non-work hours. **By setting boundaries, we communicate to ourselves and others that our wellbeing is a priority.**

3



Prioritise self-care

Self-care is essential for overall wellbeing, yet many of us neglect it due to guilt or feelings of unworthiness. Incorporate self-care practices into your daily routine, such as exercise, mindfulness, hobbies, or spending time with loved ones.

By making self-care a priority, we can improve our mental and emotional wellbeing and reduce feelings of guilt around rest.

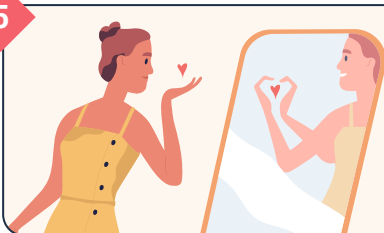
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Challenge societal expectations

To shift our attitudes, we need to challenge the societal expectations that equate productivity with worth. Acknowledge that rest is not a luxury, but a necessity for optimal health and wellbeing. **Engage in conversations around the importance of rest and encourage others to prioritise their own wellbeing.**

5



Practice self-compassion

Be kind to yourself and practice self-compassion. Recognise that it's okay to take breaks and that doing so doesn't make you lazy or unproductive. **It's important to remind ourselves that we're only human and that rest is a natural part of life.**

6



Embrace time to yourself and doing nothing

The pressure to 'make the most' of time with your partner, children or friends can lead to guilt whenever we feel like spending time alone or doing nothing. Transform this guilt into a sense of achievement by reframing **'I feel so guilty whenever I want some time by myself'** into **'Whenever my mind and body are telling me I need time to myself, I listen.'**



7



Seek professional help if necessary

If feelings of guilt or anxiety around rest persist, consider seeking help from a mental health professional. **They can provide guidance and support to help you develop a healthier relationship with rest and relaxation.**



It's crucial that we reframe our attitudes towards rest and break down the guilt that surrounds it. By acknowledging the importance of rest, setting boundaries, prioritising self-care, challenging societal expectations, practicing self-compassion, and seeking professional help if necessary, we can begin to shift these negative attitudes and improve our overall wellbeing.

By embracing the benefits of rest, we can not only improve our mental, emotional, and physical health but also contribute to a more compassionate and understanding society. **Remember, it's not only okay to rest – it's essential.**

Contact your HealthHero or Validium service today for more support and advice.

