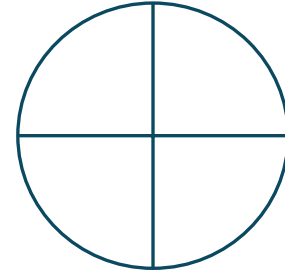


# FOUR PILLARS and Rest



# Pull Over and Check In



**Let's take a moment to hit pause on this road trip to pull over to a rest stop and wash some water on your face. For now, put a check mark next to the items you agree with. At the end of this week, circle what you resonate with and see how you evolve your thoughts.**

- 1. When you envision yourself at your best, what do you see (select all that apply)?**
  - Waking up feeling well-rested
  - Moving your body in ways I enjoy 30+ minutes most days
  - When stress enters my life, I have ways to manage my reactions
  - I feel confident making food choices that nourish me and help me feel energized.
  - I am gentle and supportive of my body's needs
  - Other thoughts:

# PRE-SURVEY



**2. On a scale of 1-5 (1- unsatisfied, 5-very satisfied), please circle the number for each answer.**

How satisfied are you with your current level of Physical Activity/Movement?

1 2 3 4 5

How satisfied are you with how you feel from the nutrition you enjoy most days?

1 2 3 4 5

How satisfied are you with your current stress level and health?

1 2 3 4 5

How satisfied are you with the amount of sleep you get?

1 2 3 4 5

How satisfied are you with your overall health status (illness, managing health)?

1 2 3 4 5

**Which one(s) are you most proud of? \_\_\_\_\_**

## Why Rest Matters:

Adapted from [Harvard Medicine](#) and the [Sleep Foundation](#)



**Rest: Aim for 7-9 hours of quality sleep to fully recharge, learn how much you need**

**New: Practice unwinding before bed via body scans/visualization**

**Pro: Listen to your body for its natural bedtime and aim to wake without an alarm**

Sleep and rest are key to our well-being. Even without fully grasping what sleep does for us, we know that going without enough sleep for too long makes us feel sluggish, and getting a good night's sleep can make us feel ready to take on the world. Scientists have gone to great lengths to understand sleep's benefits, they have discovered that sleep plays a critical role on our immune system, metabolism, memory, learning, and other vital functions.

**Sleep, Learning, and Memory:** Have you noticed that it is more difficult to take in new information following a night of inadequate or disturbed sleep? It is just as important to get a good night's sleep after learning something new to process and retain the information.

How much rest do you need? Most of us need about 7-9 hours of sleep per night in order to get the benefits. Some people need slightly less than 7 hours and others may need 10+ hours.



**Rest Activity:** In order to measure about how much sleep you need is to find a time you do not have to wake up to anything the next day, go to bed at your regular time and wake up when your body wakes you up rather than other sounds. If you wake feeling rested, take note of that amount and make it a goal to get that much sleep as often as possible. It's not that easy, but consider an earlier bedtime with a wind down routine such as a shower, reading, calm activity without looking at technology.

**Myth:** Your body gets used to lack of sleep.

**Fact:** A lack of sleep takes a toll on your brain and body. Persistent [sleep deprivation](#) affects daytime performance, and can hinder decision-making, memory, focus, and creativity. With time, insufficient sleep can impact us: including metabolism, the cardiovascular system, the immune system, hormone production, and mental health.

**Myth:** How long you sleep is all that matters.

**Fact:** Sleep quality is another critical factor in sufficient rest.

Sleep duration is important, but [sleep quality](#) is also a key ingredient to your well-being, and it is closely connected with sleep continuity. Fragmented sleep marked by numerous awakenings can interfere with your ability to properly move through the sleep cycle, decreasing time spent in the most restorative [stages of sleep](#). Every person's goal should be to sleep enough hours and for those hours to include high-quality, uninterrupted sleep.

**Deeper Reflection:** If you are honest with yourself, how much sleep do you normally get? Do you tend to fall asleep easily? Do you wake up feeling rested? Do you wake in the middle of the night and have a hard time falling asleep? What could be causing this and more importantly, what can you control to get more restful sleep so you have more energy?



## Sleep SMARTaf Goal examples:

1. I will create a bedtime routine that includes (x,y,z) and infuse one new aspect into it every few weeks until I am able to fall asleep earlier.
2. I will aim to get x hours of sleep per night by infusing new aspects of a sleep routine and getting to bed 15 minutes earlier per week.
3. I will do x,y and z to prioritize my sleep adding a new ingredient each week so that I improve my quality of sleep and aim to rest mostly through the night.

## Team Discussion Topics:

1. How much do you think sleep impacts our quality of life and work?
2. Who has some sleep tips they want to share with the team?
3. What are micro actions you can take to feel more rested?

# Management Tip



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## *Security and Insecurity:*

Something you may be aware of, is that when people start to brag it tends to be because they are insecure. Sometimes there's a healthy level of competition on a team, but when you can create shared goals the competition becomes about winning together. Supporting team success minimizes individual ego in-fighting and ethical lapses.