

RADICAL REST TO COMBAT BURNOUT

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DISCLOSURES



Nothing to Disclose



WHAT ARE WE TALKING ABOUT?

Exploring Radical Rest

Burnt OUT

The Seven Types of Tired

The Seven Types of Rest

Exploration of Alternative Rest



RADICAL REST



BURNT OUT



TYPES OF TIRED

Mental Fatigue

Adrenal Fatigue

Physical Fatigue

Emotionally
Fatigue

Period Fatigue

Social Exhaustion

Pain/Chronic
Illness Fatigue



Racial Fatigue

You guessed it..we are over the micro and macro aggressions!

Survival Fatigue

When your existence is surviving the day...

Covid-19 Fatigue

This is why the world is open and we know it...

ZOOM Fatigue

Meeting after meeting after MEETING

A FEW MORE "OVER ITS"





"IF YOU'RE WAKING UP (AFTER SLEEPING) AND STILL EXHAUSTED, THE ISSUE PROBABLY ISN'T SLEEP. IT'S LIKELY A REST DEFICIT."

– SAUNDRA DALTON-SMITH, M.D.

TYPES OF REST

Physical Rest

Mental Rest

Social Rest

Emotional Rest

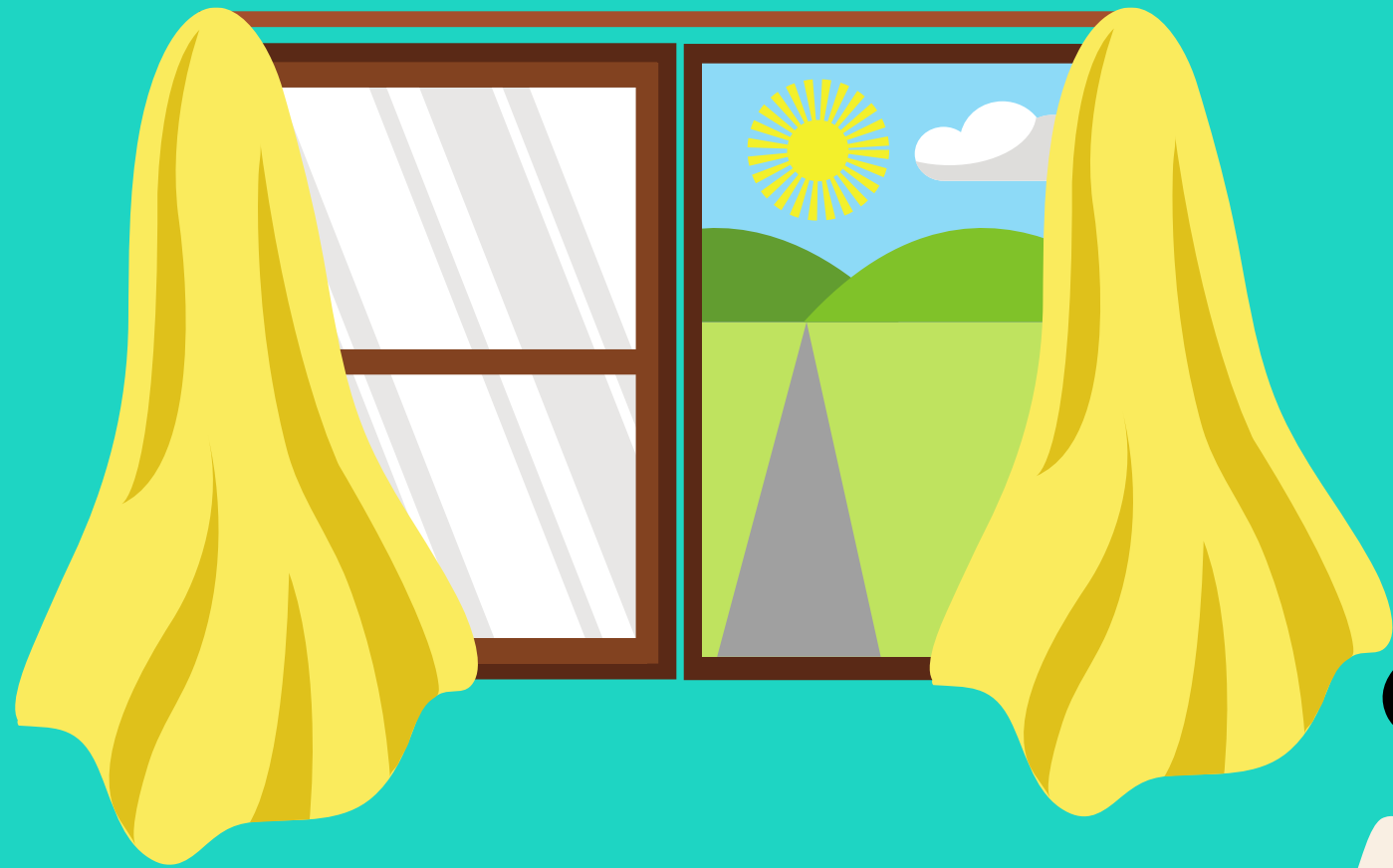
Sensory Rest

Spiritual Rest

Creative Rest



**REST IS VITAL
FOR HEALTH AND
WELLBEING**





CHECK-OUT

How will you incorporate Radical Rest into your life?

CONTACT ME

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Teresa Tonic

