

Rest to recharge for work

Sleep is essential, but it is not the only kind of rest.



Need help now? | 112 – Emergency Services | 1579 – Mental health helpline | 1770 – Richmond Foundation

Rest helps your body, mind and emotions recover from daily demands, so that you can think clearly, work well and feel like yourself. Regular chances to recover can help:



Improve wellbeing and life satisfaction



Restore physical and mental energy



Support sleep and help your mind and body wind down



Protect against prolonged stress and burnout



Support concentration, and reduce fatigue and mistakes



Improve work performance and coping



Make space for relationships, leisure and personal development

Rest is not a reward.
It is a need.

Find the rest you need

There are different types of rest. Notice how you are feeling, then pick one small thing to try today.

PHYSICAL REST

Giving your body a chance to recover through gentle movement, sleep and downtime, to ease tiredness, stiffness and tension.

- Stand up and walk around from time to time
- Do gentle stretches and desk exercises
- Stay hydrated and nourish your body with healthy food
- Prioritise good quality sleep in your time off

MENTAL REST

Giving your mind a break from constant thinking, concentrating and decision-making, so it does not become foggy or overloaded.

- Take small breaks between tasks
- Schedule buffer time between meetings
- Jot down to-do lists to clear your head
- Practise deep breathing or mindfulness

SENSORY REST

Reducing the noise, light, screens and notifications your senses take in, before they start to feel like too much.

- Take breaks from screens and devices
- Dim the lights and create a calm space
- Find some quiet time away from noisy spaces
- Limit non-essential notifications

EMOTIONAL REST

Having space to notice and express how you really feel, so you are not worn down by putting on a brave face.

- Talk to someone you trust
- Process your feelings through meditation or journaling
- Set boundaries with people who drain you
- Do something kind for yourself

CREATIVE REST

Restoring your sense of inspiration and wonder through nature, art or music, when you feel stuck, uninspired or flat.

- Spend time in nature
- Enjoy art or music
- Make time for a hobby that is just for you

SOCIAL REST

Spending time with people who give you energy, and stepping back from those who drain it, to ease loneliness and social fatigue.

- Connect with people who lift you up
- Check in with a friend or colleague
- Share a break or lunch with someone
- Give yourself time alone when you need it

SPIRITUAL REST

Feeling connected to something bigger than yourself, such as your values, purpose, faith or community, so that life feels meaningful.

- Reflect on what gives your life meaning
- Spend quiet time in nature, prayer or meditation, if that suits you
- Volunteer or help others in your community
- Notice how your work connects to something you value

Fit rest into your day

Recovery works best in small, regular doses, not just on your days off. Here is where rest can fit into a normal working day.



Micro-breaks 1-2 minutes, every hour or so

Look away from your screen, roll your shoulders, take three slow breaths.



Between demanding tasks About 5 minutes

Get a glass of water, walk to a window, jot down what is on your mind.



Lunchtime Away from your desk

Eat with a colleague, step outside and leave your emails for later.



After work A short transition

A small routine that marks the end of the day: change clothes, go for a walk or play some music.



Evenings and weekends Some unplanned time

Leave some time free, and do something restorative.



Do not wait for your holiday. Holidays are infrequent, and their benefits can fade once you are back at work, so daily recovery matters.

Evenings and weekends: free time is not always recovery time

Being away from work does not automatically mean you are recovering. You can be busy even when you are not technically working.

Busy, not resting.

Caring responsibilities

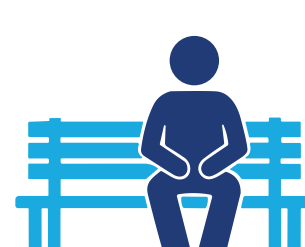
Errands

Social Commitments

Planned activities

NEED SPACE?

Leave time unplanned



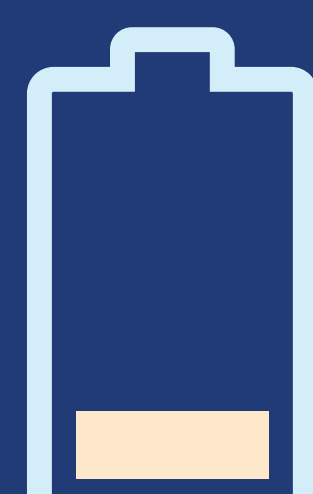
No task, no goal, no expectation. Free time gives you space to slow down and notice what you need. Try not to treat all non-work time as another chance to be productive.

BORED OR UNDER-STIMULATED?

Get absorbed



Rest is not always about doing less. Try a creative hobby, an enjoyable challenge or learning something new.



RUNNING LOW?

Warning signs you need more rest and recovery

- Tiredness and fatigue, even after a full night's sleep

- Difficulty relaxing or switching off after work

- Reduced concentration or forgetfulness

- Making more mistakes than usual

- Irritability, a short temper or being more sensitive to stress

- Reduced creativity and imagination

- Headaches, digestive issues or muscle tension that builds up over time

- Feeling overwhelmed or anxious, with tasks taking more energy than usual



Need support?

If something is affecting your wellbeing at work, you do not have to manage it alone. Talk to your manager, HR or occupational health team.

Find more healthy lifestyle resources

hdp.gov.mt