

#258 - The Seven Kinds of Rest and How to Know Which One You Need

Hi there! You're listening to The Lazy Genius Podcast! I'm Kendra Adachi, and I'm here to help you be a genius about the things that matter and lazy about the things that don't! Today is episode 258 - the seven kinds of rest and how to know which one you need. I am so obsessed with this episode even though it hasn't even started yet. It's just so needed! Rest itself is such a needed thing for all of us. After all, a Lazy Genius principle is to schedule rest, mostly because we just let it happen and it never does. But I have also been paying a lot of attention to the different kinds of rest and why certain kinds don't always land for us. Or why we take the time to rest but still feel unfilled after. I think a conversation around the nuance of rest is desperately needed, especially when a lot of us are working with less margin than we ever have before. So let's dive in.

First, I'm going to share the seven kinds of rest and then share some words about how you might know what kind you need to pursue and schedule. Also these seven kinds of rest are totally made up from my own head, so this list has nothing scientific or researched about it. It's anecdotal but also super helpful.

So the seven kinds of rest are - do you need to one) relax, two) reset, three) recharge, four) need a break, five) rest *before* something busy, six) rest *during* something busy, or seven) *after* something busy. There is a lot of nuance in these seven things, and the problem with scheduling rest broadly without naming the nuance of what you need is that you end your time of rest, whether it's an afternoon, an entire weekend, or just a walk around the block, you end that time unfulfilled and still tired or drained or overwhelmed because you didn't full engage in the detail of what kind of rest you need.

I do this all the time, and once I started noticing these differences, it made such a difference. Again, there are more kinds than what I'm sharing here, but these are the anecdotal examples from my own experience, and it's legitimately helped.

So let's break these seven down individually.

First, relax. I think this is the standard, most necessary kind of human rest we should all pursue for the rest of our lives. We all need to relax. We all need to not be productive purely for productivity's sake. We all need to just be a person enjoying life without feeling guilty about it.

The lovely thing about relaxation is that we all have different kinds of things that help us feel relaxed. It could be reading or doing some kind of quiet craft or activity. It could be moving your body with a hike or a walk or dancing or playing a sport with friends. It could be hanging out in a friend's living room or at a cocktail lounge or at a park and just chatting with your pals. It could be sitting on your porch, watching a favorite show. It could be cleaning your house. That is not

me, but I know a lot of you experience actual relaxation when you turn off your brain and move your body and scrub something. That one is productive technically, but the relaxation beats out the task getting done. Whatever it is, we all need to be able to relax, to take a breath, to feel slower on the inside. This type is the first type I'm mentioning because again I think it's the baseline. This one never goes away, you know? Relaxation will always be - or should always be - part of your life so that you can do the work that matters and you can fulfill your life's purpose in a way that is healthy and balanced and fulfilling. And I believe it's something we should all do every day that it is available to us. And if it's not available to us often to relax, I would ask you to schedule, to work relaxation in some form for some period of time into your daily life. We all need to relax. It's the mental experiential version of unbuttoning your pants or taking off your bra at the end of the day. So the first kind of rest is relaxation.

The second kind of rest is a reset. This requires a different kind of energy. If you need a reset, it likely means you've gotten off the path of where you'd like to be. Maybe you haven't relaxed in weeks and weeks, and therefore you have not connected with the joy and calm and fun of being yourself in this world, and you need a reset to get back to the foundation of who you are. Or it could be more logistical than that. You've gotten off your rhythm or routine of some area of your life, and because life doesn't stop, you haven't been able to take the time or find the margin to tend to this area that needs some intention. You need a specific amount of time to reset that thing. But ultimately a reset to get you back on the path that matters. If you're off the path, relaxing probably isn't going to do it because you're not able to fully sink into yourself and actually relax because you're somewhere else, you're off your path. I don't necessarily mean like a purpose path. It could be that, but I mostly just mean how you live your life day to day. It's kind of how mail and paper are magnets, that if you don't put Monday's mail in the mail basket or whatever or you don't tend it when it comes home then even though that's usually your practice, every day after, you keep adding to that pile of mail with more mail. Mail is a magnet. Clutter is a magnet. Mental clutter is a magnet. And the pile becomes physically or metaphorically so high that it becomes disruptive, and you need a reset. Does that make sense?

So I think it's important to name when you need a reset versus when you need to relax. Often, it's hard to relax when something very prominent in our lives needs a reset. So if you're feeling overwhelmed and you have a Saturday afternoon all to yourself, you might think "I should take a nap or take a walk or do something relaxing." And that could very well be true. But is there something specific in your life that, unless it gets attention and even the smallest reset, it would continue to make you tired? Then perhaps the better use of your time is to tend to that thing that needs a reset. And that thing could be your own soul. It could be that you need to spend your afternoon journaling or going to counseling and then talking to a friend after or you need to reset your homeschool room before the school year actually ends so that you're not drowning day after day and can actually enjoy the end of school. Does that make sense? So the second kind of rest is a reset. Physical, mental, energetic... just name where you feel off your intended path. What is a way you perhaps essentialize that area and get rid of what's in the way of what matters to you? Essentialize is one of the 13 Lazy Genius principles, so visit that chapter in the book if you feel like that would be a good pathway for you.

The third kind of rest is to recharge. I think we need a recharge when we feel empty or behind. That to me is different than feeling off. A reset is when we feel off. A recharge is when we feel behind. Or that we just don't have anything left. This is the type of rest that requires a lot of doing what makes you feel like yourself. And also maybe some sleep. I think a recharge might need a longer runway as well. A weekend away, a whole day, taking a day off of work and planning takeout or spaghetti for your family if you live with your family at the end of the day. A recharge needs some space for a lot of deep breaths and for the widest experience of what makes you feel like you.

For example, I took a recharge trip about three weeks ago. I was feeling very behind and very empty. Not off track. Just really tired and draggy. I needed some space to feel like myself, to move slowly through those things, to not have anyone else need me, to not have anyone else's expectations of me exist for 60 hours. And in those sixty hours, I listened to music, I took naps, I took my time making food, I watched shows, I went to a concert, I stayed up late and then slept in because that's what my body wanted to do. And at the end of those couple of days, I didn't feel behind anymore. I didn't feel empty. I got to recharge. It's like a battery. Sometimes we gotta plug in for a little bit and do a few things that make us feel like ourselves. It's like relaxation but for a long time. Maybe that's a good way of seeing it. Recharging is being able to relax for awhile. And knowing that's what you need as opposed to a reset or one of the other kinds of rest we'll talk about helps you know how to spend your time and feel like the time you did spend made a difference.

The fourth kind of rest and possibly the most annoying because of how short and bursty and emotionally tough it is is when you need a break. And needing and taking a break as opposed to relaxing or taking a longer time to reset or recharge is mostly centered around those of you in a season of life where that season makes it much more difficult to take a longer time away, even mentally and emotionally. Like having tiny kids. Having babies for sure. Caring for a parent or family member whose health is struggling. For many people, you are mentally always connected to your season of life. You're directly connected to using your body to feed a baby, to your teenager who is going through chemo, to your mom who is in the early stages of Alzhiemers and you're trying to figure out how to care for her. There are seasons of life where long periods of rest just aren't an option from a logistical standpoint. If you have a newborn or your baby is still a baby, you are unlikely to even want to be away from your baby for longer than a day or two. Logistically if you breastfeed, you're working out the timing of a break with how long you can go without pumping. If you have a child or parent or dear friend who is in treatment for something life threatening, you're not going to want to be away from that person for a very long time because what matters most is being there for them and with them. And also you need a break. If you are in a difficult season of life, your kind of rest for a certain period of time is to get a break. To catch your breath. To take a little bit of time away from the difficulty or the monotony or the sadness or the being consistently, even constantly, needed... you just need a break.

And if you name it as that, as taking a break, you're less grippy to make that time count. You're less resentful towards the person or the situation or the season of life that is making it difficult for

you to recharge or relax. There's very little relaxing when you're in a season like that. But if you name it as a break, that little pocket of time - that hour, that walk around the block, that meal in the sunshine while someone else holds your baby - those breaks feel impactful because you're not forcing them to look like something else. Some seasons of life only give us breaks, not a lot of real deep relaxation or recharging, and that's okay. It's hard, but it's okay. And it won't always be this way, but since it's this way right now, live in the season with kindness and honesty and take a break.

We'll be right back...

Now the final three kinds of rest are not based on your need or season of life but more on the timing of them. And those three that we'll talk about together are rest before something big, during something big, or after something big.

Maybe you're a teacher and it's spring break right now. You might flounder a little in that time because you likely need a few kinds of rest. You need to recharge because you're super tired. You need to reset something because that life of being a teacher doesn't always leave much room for getting back on the path once you're off it. You need to relax - man, you need to relax - because you have been going going going, and you need to just chill and do something fun. And perhaps spring break is a way for you to rest before the craziness that is May in school. So even looking at your week of spring break, maybe the first day is just about relaxing. Eat fun, easy food, read, take your kids to the park with some friends and just have conversation and be in the sunshine. Just relax. Then maybe you take a day to reset. What's off? What needs attention? What if tended to would help make the rest of spring break and even the rest of the school year feel a little better? A little smoother? Take some time to do that kind of rest on purpose.

Then recharge. Maybe you go on a solo overnight trip to just be able to sleep in. Or you send your family to grandma's or camping or to Great Wolf Lodge for a night or two so you can sleep in your house without anyone else there. And as you get to the end of your spring break, put on your metaphorical hat of "I'm Resting to Prepare for What's Coming." Not in a chicken little sky is falling kind of way. We're not panicking here. We're just naming that we're about to enter another quick hit busy season, so rest before that. Prepare yourself on the inside and the outside for that in a way that matters to you.

There's also rest in the middle of a busy something. We just passed April 15, aka Tax Day, which I'm pretty sure has been extended to today because April 15 is Good Friday, so congratulations we are still in tax season! But if you are an accountant, you've been busy for months, especially the last three or four. Rather than waiting to rest until tax season is over, next year, plan some rest in the middle. Plan an easy weekend or go ahead and know you're going to take a day or even a half day on a Friday before a Monday when the office is closed and take that rest in the middle of a busy season.

It's kind of like getting a break but a break that can be longer because no one is depending on you the way a baby or a sick family member might be, and you don't have an emotional connection or obligation to the thing you're leaving. You can leave the taxes for a day in early March, you know? You're not longing to be with them again. So rest during a busy season is like an extended break. You're not resetting, you could be recharging, you're likely relaxing, but the point is where and when you're doing it. You're doing it in the middle of a busy season, because you will likely not be as okay at the end of that busy season if you don't take some kind of decent break in the middle.

We'll stick with you accountants right now. I even think that it's a Decide Once for you. Decide Once is another of the 13 Lazy Genius principles. You decide that during March and April within your power you have one day or at least half a day in your weekend where you can just relax. That's just a decision you make, end of story. Now a lot of you have kids with soccer games and you have church and chores and all the things, but in March and April be lazy about whatever you can for that season so that you can have a break during a busy time. You just block off Saturdays from 4 o'clock as your "we're not doing anything stressful" time. You eat out or eat easy. You watch a movie as a family, or if your family is like mine and doesn't watch movies, you let your kids watch their own screens or do their own while you have your own movie night or something. You can make choices that are different than what you'd normally make in a busy season... and should. I don't throw that word around very often, but right now I will. You should adjust as much as you can and be as lazy as you're comfortable being in the middle of a busy season so that you can feel like a person. You're not going to ruin your kids or yourself by eating takeout seven Saturdays in a row. You're not gonna. It's a season, and you're teaching yourself and your family how to deal with stressful times, how to manage busyness, how to experience the permission to let some things go. It's a valuable life skill you can model, honestly. That's not like a copout to make you feel better for choosing chicken nuggets or the food truck at the park where you just let your people run wild. It's helpful. It's important. It's a valuable choice.

And then finally rest after a big season or project or fill in your own blank. But rest after. To me, this is like recharging with a celebratory bent. You did it. You made it! You finished that huge report, you closed your classroom, you made it through that season of travel, you presented at that conference, your kid is going to preschool and you have time now, your daughter made it through chemo and has a clean bill of health... you made it. We need to mark those moments and seasons and rest after those moments and seasons with intention. I think about Knox McCoy and his family - Knox is one of the co-hosts of my favorite podcast The Popcast with Knox and Jamie - and Knox's family literally loads up their vehicle with their stuff and their children on the last day of school at the actual school and drive to the beach. I don't know if they do this every year, but I know that they have done it before. They literally drive from school straight to vacation. That is a big ol' we did it. We are resting after. We are celebrating getting through school or that season or whatever. And that energy is different than daily relaxation, than recharging, than resetting, than getting a break, than resting before or during.

Is all this making sense? These are all very different kinds of rest. They require different energies. They give us different gifts. They take different amounts of time. They have different

purposes. I wish I had thought through this and experienced this kind of nuance when I wrote The Lazy Genius Way because I would've included all of this in that chapter on the principle to Schedule Rest! But that's life, man. We learn. We iterate, right? We learned that last week in the episode about work-life balance and a little two weeks before that in the episode about naming what matters.

A significant throughline in living like a Lazy Genius is to pay attention and iterate in small ways when you notice something. You don't figure out all at once. I didn't figure out all of how to schedule rest all at once. We live. We experience. We fail. We try. We celebrate. We have changing hormones and new babies and transitioning jobs and kids moving out and parents moving in and all kinds of things. Life is so dynamic, and we will live well in that dynamism which I'm pretty sure is a word when we start small, when we adjust, when we change our minds without guilt, and when we see that big ideas - like rest - are more nuanced than we realized.

So I want you to think about what kind of rest you might need right now and then embrace and make it happen. If there is a kind of rest you know you will need later, go ahead and start taking steps to schedule it. Even just put a block on your calendar week or months from now where you intend to recharge or celebrate the end or give yourself space to rest in the middle or whatever it is. You don't have to book airbnb today, but you can think about what you might need in the future and just put a flag there. No big deal.

I really hope this episode is helpful in how you see and experience the specific rest that you need in the specific time of life that you're in. I'm really excited for you.

Before we go, let's celebrate the Lazy Genius of the Week! This week it's my friend in real life, Haven Sink. I was at her house last week, and a few of us were standing around in her kitchen as we all do when we go to someone's house. She has three younger boys, and her tiniest one toddled over to a big deep drawer low to the ground in the kitchen, opened it, and that puppy was full of toys. I immediately gasped and then squealed and then declared it a genius decision. She laughed and said, "This is how I keep this room feeling a little less chaotic." I love this so much because Haven named what mattered to her - having a space in the main room of the house - the kitchen - where her kids have access to toys but they're hidden away. That way, she can have less visual chaos which keeps her a bit calmer. We think that only pots and pans go in big deep drawers, but if you have the space or even if you don't and it's better to store your pots and pans somewhere completely different because having toys in that drawer matters more to you, you should put your kids' toys in a kitchen drawer. I just loved this choice and wanted to share it with you, and even though Haven is hating this, congratulations, my friend. You are the Lazy Genius of the Week.

And if I could make all of you Lazy Geniuses of the Week, I would. You guys have been amazing as we launch The Lazy Genius Kitchen book and video series into the world! In case you missed it, I am releasing my second book, The Lazy Genius Kitchen: Have What You Need, Use What You Have, and Enjoy It Like Never Before on May 3 (so super soon!), and alongside that, we basically made a TV show. It's not on actual TV but it looks good enough to be. The first

episode has already released. I went to Sharon McMahon's house in Duluth, aka Sharonsaysso, and helped her organize her kitchen utensils and it was an absolute blast. The second episode will drop tomorrow, April 19, at 2pm ET, and that episode is with the endlessly chic and incredibly funny Mattie James whose problem was she needed to cook more, so we Lazy Genius that problem for her. It's so fun, and I hope you love it! All information about the book, the actual videos, and literally everything related can be found at thelazygeniuskitchen.com. Go there for all the things, and thank you for being so supportive, for buying the book, for sharing the videos, it's just a dream to have you all in my corner. Okay, that's it for today! Thanks so much for listening, and until next time, be a genius about the things that matter and lazy about the things that don't! I'm Kendra, and I'll see you next week!