

# TAKE A REST

by Wesley Sueker



a  
list  
of

restful activities

Dr. Dalton-Smith established and popularized seven different types of rest. I heard about them from my therapist, who heard about it on TikTok. So word is getting around!

I often have difficulty resting. What is rest, anyway? I know what it's like to feel rested, but how are you meant to get there? The directive to "do nothing" doesn't give enough information. That's what I like about the types of rest—they give you options, and they show rest isn't "do nothing".

The thing is, figuring out what will make you feel rested takes practice. It takes practice to be able to listen to your body, interpret your sensations, and determine a practical course.

So how can you figure out what you need? One way that works for me is by trusting what activity sounds good.

Like when you're hungry and running through a list of foods to see what sounds good to eat, you can figure out what sort of rest sounds good by running through a list of potentially restful activities.

This zine is my list of restful activities, separated by each type of rest. I hope it is useful to you and inspires you to make your own!



## Physical Rest

-Take a nap.

(Even if you can't sleep, it's proven that 'pretending' to sleep is still restful!)

-Sit down and put your head back

-"Get horizontal", as my grandma said (lie down, with someone else if you want)

-Stretch out. If a stretch feels good, lean into it for as long as you want.

-Follow a qi-gong or tai-chi routine

-Give yourself a massage, or request one from someone else

-Self-pleasure!

The ultimate DIY



## Mental Rest

-Turn off your computer (and stop doom scrolling). Take a break from work.

-Watch educational videos (to remind yourself that you do like to learn).

-TED-Ed, especially riddles

-Journey to the Microcosmos

-Tom Scott

-Book Historia

-Watch uneducational videos (to remind yourself that you don't have to think hard about everything).

-HidaMari Cooking

-Jelle's Marble Runs

-Lisa Papez

-Jrosell Pokémon

-Read a book (try fiction if you're overwhelmed, nonfiction if you're bored). Read outside for a break.

-Follow a guided meditation

-Contemplate a zen koan

## Roan 89: Zen Dialogue

Two Zen temples each had a child protégé. One child, going to obtain vegetables each morning, would meet the other on the way.

"Where are you going?" asked the one.

"I am going wherever my feet go,"  
the other responded.

This reply puzzled the first child who went to his teacher for help.

"Tomorrow morning," the teacher told him, "when you meet that little fellow, ask him the same question. He will give you the same answer, and then you ask him: 'Suppose you have no feet, then where are you going?' That will fix him."

The children met again the following morning.

"Where are you going?" asked the first child.

"I am going wherever the wind blows,"  
answered the other.

This again puzzled the youngster, who took his defeat to the teacher.

"Ask him where he is going if there is no wind,"  
suggested the teacher. "That will fix him."

The next day the children met a third time.

"Where are you going?" asked the first child.

"I am going to the market to buy vegetables,"  
the other replied.

## Sensory Rest

-Close your eyes. You can use a washcloth or bag of rice for pressure.

-Put on headphones. You can play white noise, like rain sounds

-Take a shower

-Get naked, or put on something loose and soft

-Use an ice pack or wet washcloth if hot, or a warm pack or hot tea if cold

-Turn the lights off

-Sit outside and read



## Social Rest



-Contact your sister, aunt, MIL, or friends. Write a letter, email, or phone message if you can't reach them.

-Hang out with your partner. Play a game together, watch a movie or just chat and complain about things.

-Watch vlog videos on YouTube

-Offer tarot readings for others, or get one from someone

-Make a blog post or work on a YouTube video

# emotional rest

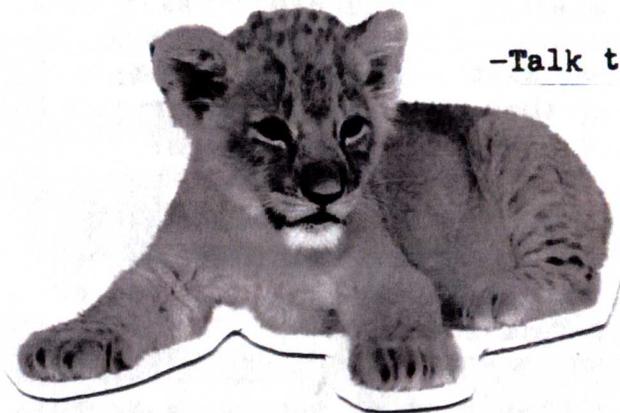
## -Journal

-Have a good cry (listen to Wild Child by Enya, that usually does it)

-Consider where the emotions are coming from (is it something my mom used to say or do that's making me feel bad?)

-Take alone time in my room

-Talk to dad



-Break out of people-pleasing. Lean into the middle-finger attitude.

## -Listen to my self-care playlist

Heart of Glass - Blondie

Hold Me Now - Thompson Twins

What is Love - Twice

Time Stand Still - Rush

Don't Worry Baby - Beach Boys

(You Gotta) Fight for your Right (To Party) - Beastie Boys

Have a Nice Music - Plasmagica

Wet - Dazey and the Scouts

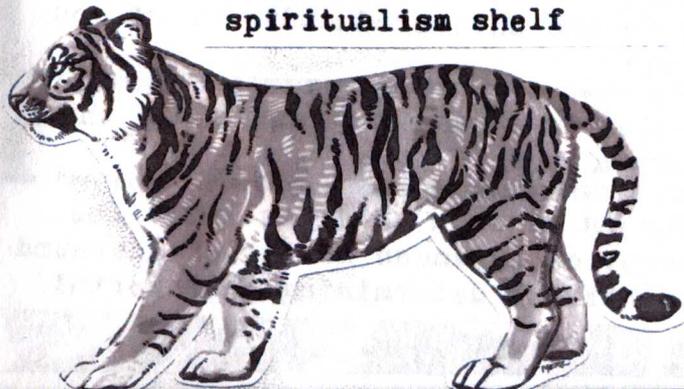
Can I Borrow A Feeling (Punk Rock Vers.) - DJ Duff

## creative rest

- Make a low-stakes collage
- Play a drawing game
  - Draw something from memory
  - Draw from a (bad) description
  - Imitate another style
- Fold and staple some zines, or work on a new one
- Reorganize your bookshelf or collections
- Read a graphic novel or manga
- Draw with a Sharpie or thick pen for low-stakes art
- Do a writing prompt from The 3AM Epiphany
- Paint your nails
- Visit the library, and maybe go to a library class or event
- Reread your/others' art manifestos

## spiritual rest

- Do a tarot spread
- Follow a guided meditation
- Reread my Important Ideas notebook
- Play with astrology
- Put something available for free on my website
- Read a book or zine from my spiritualism shelf



## Things to Remember:

If you feel like...

Everyone hates you: go to sleep

You hate everyone: eat something

You hate yourself: take a shower

Everyone hates everyone: get a hug

## Anticapitalist Affirmations

by Nik Moreno

Rest is the most productive thing you can do!

It's okay to need more rest/sleep than 8 hours a day.

There is no such thing as lazy! The concept of laziness is centered around productivity determining your worth!

write more activities here:



**much love from  
saalem. mass**

**summer 2022**