



Episode 183: You Don't Have to Earn Your Rest

with Dr Rachel Morris

Have you been working and working and working to the point where it feels like you do nothing else? Does it feel like you can't afford to have a moment for yourself to just stop and breathe? And if you do need a rest, do you think that you have to earn it by finishing all your tasks first?

You're stuck in the vortex of busy-ness, where work continues to pile up no matter what you do. And when that happens, it becomes nearly impossible to refresh yourself — there's always something more to do.

But you know how damaging a lack of rest and sleep can be to a person. That's why, in this workbook, we'll be pushing you to ensure that you get the rest you need. Lack of rest has been known to cause burnout and dramatically hinder your work quality, so don't wait for that moment to happen.

If you're on the verge of burnout and need to find a way to get the rest you need, this episode is just right for you.

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Quote to remember:

'It's through the process and understanding themselves more that they suddenly come to the realisation themselves.'

What You Will Learn

Most people are already aware of the effects that a lack of rest can have — decreased work performance, excessive stress, burnout, and more. And even if these people also know the benefits of having sufficient rest, not enough people are able to permit themselves to have that rest.

This activity aims to push you to create the time that you need for yourself so that you can rest. It also helps you analyse your usual week or month so that you can figure out the zones that you work from and how often you spend time in each of those zones.

Understanding the time you spend in each zone will be critical to ensuring that the rest you get is sufficient. Remember: as healthcare professionals, you want to ensure that your decisions are made from a place of care rather than anxiety and fear.

Completing this short exercise will help you create time blocks of rest. It will also help you affirm that you don't need anyone's permission to find time to rest; rather, you give it to yourself. Finally, you'll be able to give yourself permission to rest whenever you need it.



Activity: Giving Yourself Permission to Rest

Q1. Think of the three zones mentioned: rest, drive, and threat. Look at your average workday and write out your schedule. How much time do you spend in each zone?

a. Rest Zone:

b. Drive Zone:

c. Threat Zone:

Q2. Create a to-rest list using the points system.



Q3. Now that you have a to-rest list, time-block each activity. Remember to enforce your boundaries around your rest — don't let any meetings, appointments, calls, or other work-related activities infringe on your rest time.

Q4. Write an affirmation for yourself that states that you don't need to earn your rest, and that even if you feel guilty about resting, you need it. Remember: rest is a necessity.

CPD time claimed:

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