



FROM THE QUARTERLY PARTNERWELL PULSE REPORT

Purposeful Rest in An “Always-On” Culture

In today’s modern digital era, working hours have been blurred more than ever before. Technology allows us to connect with one another at all hours of the day and night, **regardless of whether we’ve left the workplace or not.**

What we’ve created is being referred to as an “always-on” culture: an expectation to stay connected and engaged with one another 24/7.

We are feeling strong effects of this “always-on” culture in the form of chronic burnout and stress. Disconnecting and prioritizing rest are essential to taking care of ourselves, preventing burnout, and caring for our overall wellbeing.¹

REST IS ESSENTIAL FOR YOUR MIND, YOUR BODY, AND YOUR WORK. IT CAN HELP TO:^{2,3}

- » Reduce stress and burnout
- » Boost productivity and creativity
- » Provide positive physical health benefits
- » Enhance decision making and critical thinking

Rest is not the same as sleep. Consider the **Seven Types of Rest** below to identify actions or steps you can take to care for yourself by creating more moments of impactful rest in your daily routine.⁴

- » **Physical:** restoring your body’s physical wellbeing and energy through things like sleep, stretching, or massage
- » **Mental:** finding ways to quiet your thoughts, such as mindfulness, meditation, journaling, or even simple activities like doing a puzzle or washing dishes
- » **Emotional:** authentically expressing your feelings or setting boundaries on emotionally stressful demands
- » **Social rest:** scheduling fewer social activities or spending time alone to recharge
- » **Sensory rest:** taking breaks from screens and technological noise
- » **Creative:** utilizing a creative outlet just for fun, such as baking or painting
- » **Spiritual:** finding peaceful ways to nourishing your soul or inner self, whether that is a spiritual practice or even engagement with nature

This material is to be used for informational purposes only and is not intended to be exhaustive, nor should any of the materials be construed as professional or medical advice.

1. American Psychiatric Association. (2025, February 3). Preventing burnout: A guide to protecting your well-being. <https://www.psychiatry.org/news-room/apa-blogs/preventing-burnout-protecting-your-well-being>
2. Cherry, H. (2021, January 15). The benefits of resting and how to unplug in a busy world. Forbes. <https://www.forbes.com/sites/womensmedia/2021/01/15/the-benefits-of-resting-and-how-to-unplug-in-a-busy-world/>
3. Mental Health Foundation. (2022, June). Rethinking rest: A guide from the Mental Health Foundation. <https://www.mentalhealth.org.uk/sites/default/files/2022-06/Rethinking-Rest-guide-from-the-Mental-Health-Foundation.pdf>
4. Abramson, A. (2025, May 6). Seven types of rest to help restore your body’s energy. American Psychological Association. <https://www.apa.org/topics/mental-health/seven-rest-types.html>