

FINDING REST IN THE GRIND

Today's discussion



Quick Disclaimers

Hustle and Grind

Why Rest?

How to Rest

Let's Chat

Resources

Overview

”

YOU'RE NOT
GOING TO
BECOME A BEAST
OVERNIGHT.
GRIND EVERY DAY
UNTIL YOU
BECOME ONE.

GYMQUOTES.CO

0% SMALLTALK.
200% GRIND.
THEY TALK.
WE HUSTLE.

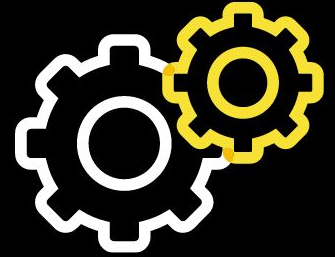
-TEAMBLADI

THE GRIND INCLUDES
SUNDAY.

GYMQUOTES.CO

Hustle and Grind

Hustle and Grind



HUSTLE

To strive headstrong and voraciously towards a goal.

GRIND

when you work your a** off to get s*** done

BURNOUT

A state of emotional and physical exhaustion caused by a prolonged period of stress and frustration

...according to Urban Dictionary



Why rest?

Our health depends on it.

Our productivity and outcomes are better.

Our worth is not less if we rest.

How to rest?

Types of rest



Physical

Mental

Sensory

Creative

Emotional

Social

Spiritual

Let's Practice

We're going to do a short practice rest in each of the areas.





Physical

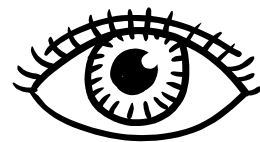
10 Stretches at your Desk

Also, RecWell is always here for your fitness needs! ;)



Mental

Mind dump.



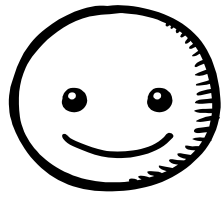
Sensory

Close your eyes. Turn off sounds.



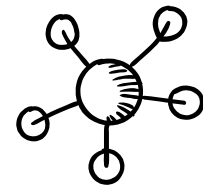
Creative

Let's take a virtual trip of the US.



Emotional

3 Word Week



Social

Text someone you've been meaning to say hi to.



Spiritual

A challenge to go.

Setting Boundaries

(at college)

- **Seek Help**

Reach out to professors/
bosses if you are struggling
with managing priorities.

- **Conduct Audit**

Write down situations or
people that cause you stress,
anger, resentment, guilt.

- **Set Limits**

Choose clear areas of focus
and set limits for yourself.

- **Communicate**

Be clear and confident in
communicating your
boundaries and address
them when they are violated.

Setting Boundaries (at college)

- **Take Time**

Don't respond immediately. Check-in with yourself before responding.

- **Practice "No"**

Practice in easy, low-risk situations first. Say it out loud to your self. Find your "no."

- **System & Structure**

Do it, defer it, delegate it, drop it. Time management and schedules.

- **Prepare for Pushback**

Expect others to react to healthy boundaries. This means they were necessary.



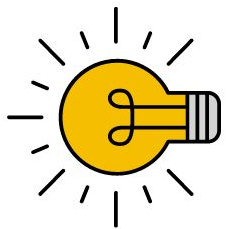
Let's Chat

Are you stuck in the hustle and grind?

Why is it so hard to rest?

What have you done to rest that
might help others?

How do we as a society separate our
worth from our work?



Resources

'Nap Bishop' Tricia Hersey Is Spreading the Gospel of Rest

<https://www.bonappetit.com/story/tricia-hersey-patrick>

It's a Right, Not a Privilege: The Napping Resistance Movement

<https://elemental.medium.com/its-a-right-not-a-privilege-the-napping-resistance-movement-54fc147ba32b>

10 Ways to Set Healthy Boundaries at Work

<https://www.forbes.com/sites/carolinecastrillon/2019/07/18/10-ways-to-set-healthy-boundaries-at-work/?sh=172d1ea37497>

The Productivity-Pay Gap

<https://www.epi.org/productivity-pay-gap/>

Do you even realize how your burnout culture is hampering your growth? (for employers)

<https://www.entrepreneur.com/article/295873>

Burnout is about your workplace, not your people

<https://hbr.org/2019/12/burnout-is-about-your-workplace-not-your-people>

Burnout generation? Redefining success and work culture

<https://www.psychologytoday.com/us/blog/all-about-addiction/201905/burnout-generation-redefining-success-and-work-culture>

Employee Burnout, Part 1: The 5 main causes

<https://www.gallup.com/workplace/237059/employee-burnout-part-main-causes.aspx>

The "Rise and Grind" of Hustle Culture

<https://www.psychologytoday.com/us/blog/the-right-mindset/201910/the-rise-and-grind-hustle-culture>

Why Rest days are important for higher efficiency at work

<https://www.lifehack.org/347808/why-rest-days-are-important-for-higher-efficiency-work>

The 7 types of rest that every person needs

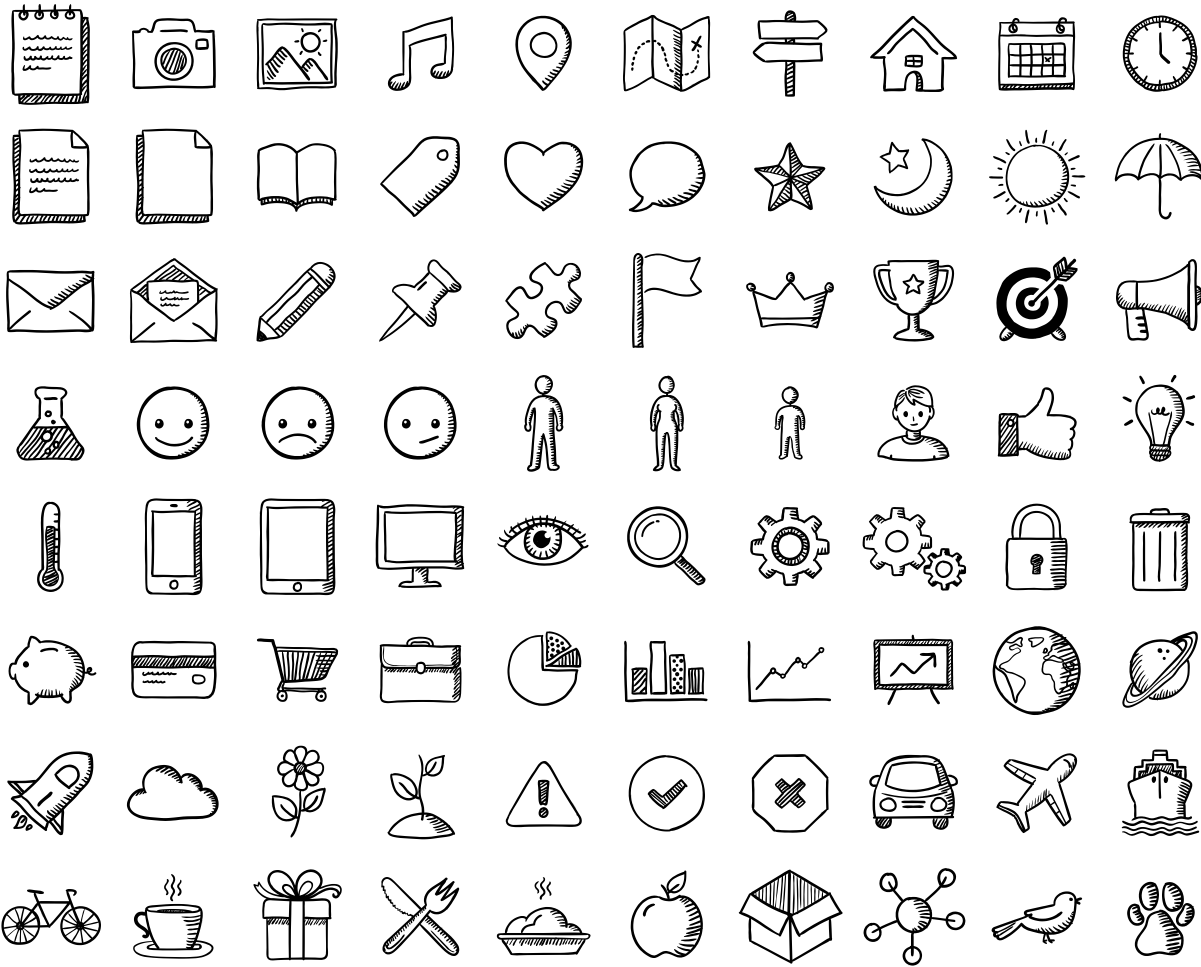
<https://ideas.ted.com/the-7-types-of-rest-that-every-person-needs/>

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Thank you!



www.gvsu.edu/studentwellness/wit



SlidesCarnival icons are editable shapes.

- This means that you can:
- Resize them without losing quality.
 - Change fill color and opacity.
 - Change line color, width and style.
- Isn't that nice? :)

Examples:

