
YOUR CHECKLIST



The 7 types of **rest**
neurodivergent
people **thrive on**

REFUEL YOUR MIND, BODY & SPIRIT

There are 7 types of rest recognized as burnout beaters by Dr. Saundra Dalton-Smith which are key for anyone to maintain a balanced and well functioning nervous system. And they are even more important for neurodivergent minds - because when your brain processes the world deeply, stimulation builds up faster, and recovery takes more intention.



Physical rest

Helping your body recover at its pace

For a neurodivergent system that's **always "on,"** physical rest means more than sleep - it's permission to pause tension. That could mean doing a stretching session, having a lie-in under a weighted blanket, or taking a nap **without guilt**. Your body carries overstimulation; this is how you let it breathe again.

Mental rest

Turning off the mental tabs for a while

ADHD and HSP brains rarely stop thinking - even rest can become **another "to-do"**. Mental rest is about creating small mental off-switches: closing your eyes between calls, stepping away from screens, letting thoughts drift without needing to catch them. You don't have to empty your mind - just give it **fewer tabs** to manage.



Emotional rest

Taking off the mask and stepping into authenticity

Many neurodivergent adults spend their days **masking** - constantly regulating emotions, tone, and responses to make yourself more palatable to the world. Emotional rest is dropping that performance. It's crying if you need to, or journaling without editing yourself. It's reminding your nervous system that **authenticity is safe**.



Sensory rest

Turning down the volume on the world

For highly sensitive minds, **sensory input** stacks up fast. Sensory rest means building tiny sanctuaries in the daily spaces: think dimming the lighting, wearing a soft hoodie, putting your phone on mute, or turning away from screens completely. All so your nervous system can **catch its breath** at the end of the day.

Creative rest

Allowing wonder to refill your mind

Neurodivergent brains thrive on novelty. But burnout can also happen, especially when **creativity turns into pressure**. Creative rest is about taking in beauty without necessarily needing to produce anything yourself - so you can **turn on inspiration** and innovation again naturally.



Social rest

Balancing socializing with solitude

Even with the people you love, socializing can **demand your energy** - especially when you're decoding tone, managing eye contact, or empathizing deeply. Social rest means choosing the spaces and people that let you be fully yourself - and balancing being there with **your own "me-time"**.

Spiritual rest

Reconnecting to a higher meaning

Spiritual rest isn't necessarily about religion - it's about **feeling anchored**. For many neurodiverse people, this can come from listening to music, taking a walk in nature, or practicing mindfulness. The goal is remembering that you are **part of something bigger**, and you don't have to hold everything together alone.



MAKE IT ACTIONABLE: LIGHT STEPS

With this checklist, you can easily adjust your routine to incorporate each of the 7 key types of rest you need - so you can start to deeply recharge on every level:

- ☐ **Physical rest:** take a 20 min nap / 30 min yoga session / warm bath with essential oils
- ☐ **Mental rest:** 15 min of journaling / joining a guided breathing session / try thought diffusion exercises
- ☐ **Emotional rest:** talk to a friend or family member / explore working with a psychotherapist / take a rage release workshop
- ☐ **Sensory rest:** rest under a weighted blanket / air out your space / dim your lights
- ☐ **Social rest:** Ask a friend over for a movie night / define and communicate boundaries in draining settings
- ☐ **Creative rest:** Go to an art gallery / buy a subscription to a creative course / join a book club
- ☐ **Spiritual rest:** Join a volunteering action / attend a shamanic ceremony / do a "spiritual heart dump"

MAKE IT ACTIONABLE: FULL JOURNEY

Are you ready to dive into the kind of personalized support that helps you rest and reset best?

- Take the **ThriveCollective Path Quiz** to discover your ideal next step, or explore our specialists and exercises designed to help neurodivergent minds thrive with balance and clarity.