



EMPLOYEE ASSISTANCE
PROGRAM

Rest as a Caregiver

February 2023

Senior Management Services

How often do you confuse rest with sleep? Do you feel overwhelmed in your role as a caregiver? Are you a nap person? Do you feel you get enough sleep each night?

What would you say if I told you rest does not always include actual sleeping? As working caregivers, it can be extremely difficult to incorporate rest into your daily routine. We are overwhelmed, overworked and overstimulated. Rest seems so far from attainable, we can actually become frustrated with someone asking, “are you taking care of yourself?” The to-do list is endless and as a caregiver, someone else’s life (lives) may very well be dependent on you coming through.

Dr. Dalton-Smith says that “sleep and rest are not the same thing.” She states that sleep is only one of the seven types of rest. We are actually suffering from a “rest deficit not a sleep deficit.” When we rest, we should be restoring one of the seven types of rest:

- Mental
- Spiritual
- Emotional
- Social
- Sensory
- Creative
- Physical

You can find out which area you have a deficit by following the link below and doing the “rest quiz.” Additionally, on Dr. Dalton-Smith’s website she has links to resources and her public talks that can help inform you of other tools for restoring in each area of rest.

The main point: Rest=Restoration. Find those ways to replenish one or more of your types of rest. We may find that we can be the caregivers, employees, and family members we’ve been hoping to be as we restore and get the rest we need.

For additional information about Eldercare, please contact Quest at 1-800-364-6352.

Dr. Dalton-Smith’s resources: [Free Resources - Dr. Dalton-Smith - I Choose My Best Life](#)
Rest Quiz: <https://www.restquiz.com/quiz/rest-quiz-test/>