

CLARITY AND CARE



BY: SOBIA MANSOOR

Questions to Assess Rest Needs

1. Physical Rest

- Do you generally feel physically rested when you wake up in the morning?
- How many hours of sleep do you get on average each night?
- Do you experience fatigue, body aches, or low energy throughout the day?
- Are you able to take breaks and rest your body during the day?

2. Mental Rest

- Do you find it hard to quiet your mind or stop overthinking?
- Do you struggle to concentrate or complete tasks due to mental fatigue?
- Are you often thinking about tasks even when you're supposed to be relaxing?

3. Emotional Rest

- Do you feel safe expressing your emotions with others?
- Do you often feel emotionally drained after conversations or social interactions?
- Are there people or situations where you feel you have to “perform” emotionally?

4. Sensory Rest

- Are you often in environments with a lot of noise, screens, or visual stimulation?
- Do you notice feeling overwhelmed by lights, sounds, or social media?
- Do you intentionally take time to unplug from technology or overstimulating environments?

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5. Creative Rest

- Do you feel inspired and motivated in your work or hobbies?
- Do you have time or space to enjoy beauty, nature, or art?
- Are you feeling stuck, burned out, or disconnected from your sense of creativity?

6. Social Rest

- Do you feel energized or drained after spending time with others?
- Do you have relationships where you feel truly accepted and can be yourself?
- Are you getting enough time alone or with supportive people as needed?

7. Spiritual Rest

- Do you feel connected to a greater purpose, belief system, or spiritual practice?
- Do you take time to reflect, meditate, pray, or engage in practices that give you peace?
- Are you yearning for more meaning or connection in your life?

8. General Integration

- What does “rest” mean to you?
- In which areas of your life do you feel most depleted?
- What would restful support look like for you right now?