

## Work/Rest Balance

---

*Work is a spiritual experience that involves the whole person; our wills, minds, feelings, physical bodies, and social context. It can have an extremely positive impact on our identity. However; in our current culture work can easily become too much of a good thing. We need to intentionally cultivate the spiritual experience of rest to assist us in being balanced, whole, healthy individuals. These 10 Ways to Rest Well hopefully will bless you with some tangible activities you can easily practice in order to better find that balance.*



### Baptist Campus Ministries at Drexel

Rev. Brian J Musser - Baptist Campus Minister at Drexel  
Jon Rice - Assistant Director of Baptist Campus Ministries at Drexel

James E. Marks Intercultural Center (JEMIC)  
3225 Arch St.  
Suite 012  
Philadelphia, PA 19104

Phone: 215 499 2970  
[www.peaceandpoweratdrexel.wordpress.com](http://www.peaceandpoweratdrexel.wordpress.com)  
[www.peaceandpower.wordpress.com](http://www.peaceandpower.wordpress.com)  
Email: [bjm63@drexel.edu](mailto:bjm63@drexel.edu)

## 10 Ways to Rest Well

### Practicing Work/Rest Balance



## Baptist Campus Ministries At Drexel

To Know Christ  
To Make Christ Known  
[www.peaceandpower.wordpress.com](http://www.peaceandpower.wordpress.com)

## 10 Ways to Rest Well

1. **Rest on Purpose**
2. **Limit Interruptions**
3. **Celebrate**
4. **Rest before Exhaustion**
5. **Recreation not just Vacation**
6. **Avoid Work-like Distractions**
7. **Trust Others**
8. **Communicate Self-Worth**
9. **Take Care of Yourself**
10. **Do Something Different**

Check out

[www.peaceandpower.wordpress.com](http://www.peaceandpower.wordpress.com)

For more information on

**Work and Work/Rest Balance**

1. **Rest on Purpose**—Rest should be intentional. You need to decide to rest at regularly scheduled intervals. It will not happen by accident. It is best when those intervals of rest actually become a habit.
2. **Limit Interruptions**—If work-like activity can find you through your phone, email, or social media, make an effort to avoid the use of electronic devices. Have a friend or significant other as your filter in case of emergencies.
3. **Celebrate**—As often as possible, attach rest to a celebration of successfully accomplished work. Rest as celebration can put work in its proper context. This could include everything from completed assignments, terms, years and especially degrees.
4. **Rest before Exhaustion**—Rest is most valuable when it is not absolutely needed. Rest when you are healthy enough to enjoy it.
5. **[Re]CREAT(e)ion**—Choose resting activities that renew your strength and energy. Sometimes doing something specific is more restful than doing nothing (vacation).
6. **Avoid Work-like Distractions**—Not every diversion is restful. Not everyone rests the same way. Experiment and learn what activities are truly restful for you.
7. **Do Something Different**—The best rest can often be qualitatively different than our work. Physical or mental, active or passive, determined or unending, indoor or outdoor.
8. **Trust Others**—Delegate work responsibilities to others when you rest.
9. **Communicate Self-Worth**—You are valuable as a person outside of what you accomplish. Rest help you understand this.
10. **Take Care of Yourself**—Rest should include any needed sleep, eating, exercise, spiritual recharging, self-maintenance. Especially if it has be deferred due to work.

Baptist Campus Ministries at Drexel

Rev. Brian J Musser - Baptist Campus Minister at Drexel

Jon Rice - Assistant Director of Baptist Campus Ministries at Drexel

Phone: 215 499 2970

[www.peaceandpoweratdrexel.wordpress.com](http://www.peaceandpoweratdrexel.wordpress.com)

[www.peaceandpower.wordpress.com](http://www.peaceandpower.wordpress.com)

Email: [bjm63@drexel.edu](mailto:bjm63@drexel.edu)