



July 2022 – Time for a break?

Are you ready for your dreams to take-off?

Coaching provides a space for you to think and reflect. This newsletter is a monthly collection of some things to take you back to that reflective space, just for a little while. So grab the drink of your choice, tune everyone out and see whether anything here inspires you. Our focus this month is on the need for rest.

Most of my clients are based in the UK, such that school and university cycles mean a longer break in usual routines in July and August. Although I'll be doing some work in August, I am certainly looking forward to slightly later alarm calls for that month (assuming this heat allows sleep at some point soon!)

But rest means different things to different people – and isn't always a "stop". I do generally need to stop at least mentally at this time of year. One of my tricks to make sure I do is to change location (preferably towards the sea). Another is to leave my laptop at home (two years ago I actually wrapped it in brown paper for 3 weeks so it was too much effort to open it). I also like to line up a stack of "light" fiction to read and some audio fiction for when my eyes are just too tired to read (usually the first couple of days).

Length of rest that's needed is also something that varies. I have found that I need at least 10 days off – a few days to allow the adrenaline to collapse, to be followed by some exhaustion days, before feeling some positive energy again. But for some people, shorter more frequent breaks work better. You do you!

Ellie

Need to figure out your "no" strategy? Click to book a chemistry session

[Light the fire – something to watch](#)

Leisure by W.H. Davies

Let's start with a poem this month. Leisure by W.H. Davies is one of my favourite poems with its focus on nature, stillness and observing what's around us. Sometimes I like to read



poems and other times I like to listen. Here's [a version](#) to listen to.

Ready to fly – something to read and watch

The seven types of rest

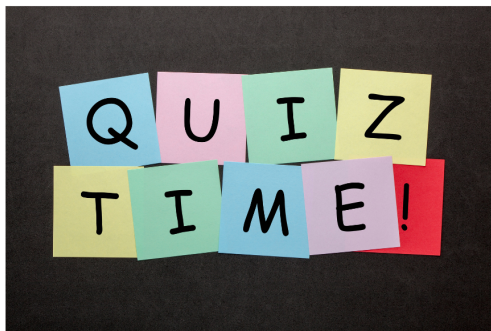
Feeling exhausted but early nights not making any difference. Maybe it's not that kind of rest you need. [This article \(and a Ted talk\)](#) describes seven different types of rest you might be needing, and how to get them. (Just don't exhaust yourself getting different types of rest... maybe pick the one that resonates most!)



Ready to soar – A quiz

What kind of rest do you need now?

Here's [a quiz](#) that might help you recognise which type of rest you are most in need of. Then it's time to experiment and see what makes a difference.



More (mostly related) ideas

Blogs from the SendThemSoaring Archive



Things that get in the way of taking holiday

Why is it so difficult to take holiday (especially as an academic), and how can managers and leaders help promote the benefits of taking a break.

What does "pause" mean to you?

Pause and rest mean different things to different people. Thinking about your favourite type of pause, big and small, can help plan longer resets.

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