

LIVING *Fabulously*
with BEV

Episode
#111

What rest
do you
really need?

With
Dr Sandra
Dalton-Smith

www.livingfabulously.com





Hello there, I'm Bev

As a well-being transformation coach and bestselling author, I work with women in business who constantly feel exhausted - that's a sign your body isn't coping, and something needs to change.

I've been where you are now... I would drag myself out of bed each morning and fight the need for sleep for the rest of the day yet come 9pm I was getting an annoying second wind! My brain fog was worse than 'Gorillas in the mist' and my mind was scattered, I couldn't concentrate, and my memory was MIA.

I felt dismissed by the western medical system and a realisation dawned on me that if I wanted to be well again it was up to me. I created a roadmap to well-being to help me navigate and that became my bestselling book 'Hope in a Dark Tunnel'.

So now I enable energy on demand for women in business who feel challenged by exhaustion / fatigue and brain fog and your first step is here...

Put your health higher on your priority list

because once you place a priority on your health you're capable of so much more!

Yet it may seem like you've done SO MUCH WORK around your fatigue, exhaustion, fogginess. Perhaps it feels like a bottomless pit, everyone said they could help solve it and no one really did much to help. Not finding solutions is exhausting, and you're already exhausted.

You may have closed the door on trying any new solutions or practitioners. You may skim everything and reject almost everything. It will take something and someone very special that really resonates in a HUGE WAY with your gut feelings.

I'm known for wellbeing transformations - 'rewiring' for healthy habits to create vitality. Connect with me and let's explore how I work to shift you from frustrating exhaustion to having energy on demand to successfully run your business and have a life you love!

Book in your FREE Energised for Business & Life Strategy Session today

Let's work out how I can help create your personalised approach to well-being, working within your preferences to take the next small step consistently.



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My wish for you is to be Living Fabulously and Living Well!

Bev

What rest do you really need?

Dr. Saundra Dalton-Smith

How do we live a restful life in the middle of the busyness that is our lives?

Dr. Saundra 0:15

I'm an internal medicine physician. I've been practicing medicine for about 20 years now. I also write and speak. I live near the Birmingham, Alabama area with my two teen boys and husband.

Bev Roberts 0:27

You have a well-being journey to share with us today. And I know that a lot of our expert guests do because that's what makes them so passionate about what they do and their work. And I was wondering, would you be willing to share some of your story?

Dr. Saundra 0:41

Sure. Well, most of my research now in my writing is based around my own personal burnout journey, about probably about 10 years ago now is when I initially went through that phase of burnout where I got to a point in my professional career, where I was busy doing a lot of work I was I looked very successful from the Outside, because of the accolades and the work and all of those things that were going on, but I didn't enjoy the work that I was doing, I wasn't happy with kind of just my own personal life.

I got to that point where it was all about the work and there was no time to rest and to recover, and to really even enjoy the work that I was doing. And so it was during that time that I started to look at, what does it mean to rest. I was tired all the time. And you know, I was going to bed at night trying to see if maybe I just wasn't getting enough sleep. So I was trying to get the eight to nine hours, would wake up the next morning, still exhausted. And that's when it really started to dawn on me that maybe rest isn't just sleep, maybe they're not synonymous with each other. Maybe there's something else that I'm missing. And that's what led into kind of the deeper research about the seven types of rest and getting an understanding about what they look like how to apply them in the middle of a busy workday.

Because I think many of us you know, when we think about, okay, now I know I need rest. When am I going to find time for that vacation to get away to go to Hawaii, you know, we can't always be doing that as our only form of rest. Because then we're only resting you know, two weeks out of a couple of weeks out of the year. We have to be able to make it something we can do on a regular basis. And I think that's where it really the journey for me got real. How do we live a restful life in the middle of the busyness that is our lives?

Bev Roberts 2:29

And so true, because I think for a lot of us as woman, we always feel like we need permission to rest. And you like you say, I have heard that so many times in my own practice. I don't have time to do this. And some people will make the word rest synonymous with laziness. So why do you think that we hold that type of belief in mindset?

Dr. Saundra 2:53

I think it's cultural for a big part. I think many of us have kind of adapted to our cultural thought process that work is the only thing that's valuable. And if when you start looking as work as the only thing that holds any value, then the rest starts looking like it's taking you away from the work. So the mindset shift that has to happen there is that the rest helps you do higher quality work. If you know, you can grind out work in the middle of your exhaustion, but it's not your best work to do your best work requires that you rest.

Bev Roberts 3:31

Now we are talking. That's my jam around rest is that yes, you can do that. And I think there's a difference here between thriving and surviving. So you've got this real dichotomy where people sort of see it really black and white, and that rest doesn't impact our lives. But when we get it right, what are some of the real benefits of having enough rest and the right type of rest on our businesses, our homes, our lives, whatever, whatever that means.

Dr. Saundra 4:07

I think that the very first thing is just our own mental capacity. I think you know, for so many of us, we stay kind of stressed out and anxious and on edge, because we're not resting our mind and our emotions

and our social aspects of our lives. So being able to rest in those areas, you start having more mental clarity, you stop forgetting things at 40. And thinking that you have early dementia because you're able to concentrate again, and to have that mental clarity, you start having the ability to have deeper relationships because you're not always feeling agitated because of the extra stress on your life.

You know, in the areas of work, when people start thinking about their need for creative rest, then if you're an entrepreneur, or small business owner even and you're having to stay on top of your game, think about marketing in ways of being innovative, that requires creativity, and so you can burn out your creativity, you need that creative rest, to be able to be re-inspired and to have those passions awakened again, to be able to get those innovative thoughts that, you know, come up in the middle of the night. You're not going to get that if you're always going to bed exhausted, and you don't allow any time in your day to be inspired. And to have that part of you awakened again.

Bev Roberts 5:26

Wow. Yes, I think this is the nugget because if you think of it from an entrepreneur, small business owner, often you are your business. And so you are your brand, really. And so if you're showing up as you're tired, agitated, exhausted self all the time, it's not going to be attractive energetically to other people. So I guess, can you share you mentioned seven types of risk. So can you share about those and how it shows us which are lacking.

Dr. Saundra 6:02

Yes, well, I'll name the seven. And then we can kind of go through them as you'd like. The three that most people are familiar with, to some degree, at least, are the physical, mental, and spiritual. And then the four that are less known, but just as needed, are the emotional, social, sensory, and creative. And so you know, the one that most people are extremely familiar with is the physical, because we think about sleep.

Well, even with the physical, you know, sleep is just one of the types. It's a type of passive physical rest, sleeping and napping, but there's also active physical rest. So your body also needs to have your muscles to be able to relax, to have your circulatory system actively functioning well, to have your lymphatic system functioning well. So when you think about physical rest, you can also think about things like let's say leisure walking so you're not like exercise walking, but you're walking just to restore circulation. In emphatic function, or massage, having a massage to relieve tense muscle or stretching.

All of those are types of physical rest that don't require you to be asleep, you actually won't get them. If you're asleep, you can go to sleep with tight muscles, wake up with tight muscles, you have to do this extra component to get that type of physical rest.

Bev Roberts 7:21

So that was the physical side. And then you mentioned obviously the mental,

Dr. Saundra 7:26

yeah, then mental rest has to do with allowing your mind to get to a quiet place. So many people know when they aren't experiencing mental rest because they have a hard time clearing their thoughts. They lay down at night and they're thinking about all the things on their to do list that they have to do. And so they can't get their mind to kind of shut up and get to that quiet place, while mental rest is relearning how to do that.

So that could include for some people, if you try to go to sleep at night and you have all of these thoughts that are coming up, you're brainstorming right before you go to bed. One of the easiest things to do is what we call brain dumping. So before you try to go to sleep, you take a notepad or journal, or really a post-it note anything that you can write down those thoughts on, so that they're not just kind of floating around in your headspace, but they're on something concrete so that your brain then feels as if it can let it go. It's not trying to hold on to that thought so that you don't forget it. It's released onto that piece of paper. So now it's safe for you to stop thinking about it.

Bev Roberts 8:30

Yeah, what I encourage my clients to do is do a work closing ritual at the end of their working day where they do exactly that, dump all the things down and actually know what their very first step is of the three most important things to do tomorrow. Because then lucky said sort of creates that space and risks for the mind to not actually hold on to those things.

Dr. Saundra 8:55

Absolutely. And I think that helps keep people from feeling as if they can't get their mind to quiet or to or to get to that quiet still space. For people who even after doing that still have trouble because their thoughts seem to just keep jumping in jumping. Sometimes it's helpful to have a focus word, whether it's something that's comforting to you or empowering to you a concept that you can think about whether that's love or peace and just focusing on that one word, so that your thoughts aren't just scattered and kind of all over the place that you're keeping them quieted on one single thought,

Bev Roberts 9:30

Yeah, that's true, because is one of the guided meditations that I use when she says, embrace a word that you want to feel. So while thinking about the word and your breath, that you actually leave those thoughts that were there before and create mental space. So that's a really great idea.

And you mentioned also creative rest. So what do you mean by that?

Dr. Saundra 9:54

Well, I think it's easier to describe creative rest by giving an example because I think Most people have experienced it to some degree. If you're someone who when you go to bodies of water, or the beach, or the or anything like that, and when you're around these bodies of water, you automatically just feel restored and revived and you feel better. Some people feel that in the mountains, others feel that outside just looking at flowers, with creative rest.

What it is, is the rest that we receive when we allow ourselves to be filled up by beauty and allow something to be awakened inside of us by giving beauty room to restore us. So that could be natural beauty, like the elements in you know, like nature, or it could be manmade beauty, like watching someone dance, or listening to an opera, or, you know, just watching a play. There's so many different ways that we can be inspired, go into a museum, everybody has different ways that beauty can awaken and then build creativity inside of them. But I think the thing that many people myth is the need for that.

So if you're a business owner, and you're thinking, Well, I'm not an artist, and I'm not an author, so I don't really need that creative rest to be, to have my creativity kind of stoked, you're going to miss out on being as creative as you can be. Because it takes creativity to brand Well, it takes creativity to stay on the top of your game. It takes creativity to market well. And so you have to be able to think, what are the ways that I use creativity in my day to day job, and then what are ways that I can be poured back into so that that part of me stays fresh and revived?

Bev Roberts 11:38

We obviously already covered three and there were four others, so just name them again and tell me which of those you see that are all missing in a lot of people that you work with?

Dr. Saundra 11:51

Well, the other four that we haven't talked about are the spiritual, sensory, social, and emotional and so the ones are would probably say that I see most often with a deficit would be emotional. Just because very few people have those relationships that are close. You know, a lot of the science shows that adults don't have as many adult friends as they used to.

So many of us our interactions are only with people that are needing things from us and expecting us to live up to a certain level of, of performance. So it's your boss or your clients or you know, the people that are needing something from you. So you're always under this level of inauthenticity, and that you are living up to whatever that professional appearance is of that role, whatever that leadership appearance is, but you have to have those people in your life where you can just be yourself. You can take the mask off, you don't have to be professional, you can just be comfortable being your true self. And there's a rest that comes with that.

Because if all of your interactions are these interactions that are kind of masked, a little bit better. protected by your profession are protected by always, as a physician, I always say, there are times I get to hide behind my white coat. So if all of your, you know, all of your interactions are like that, then you start thinking that am I okay? When I don't have that, it starts messing with your identity and your self-worth and your ability to believe that you are valuable just as a person, not because of all of these other things that you may do

Bev Roberts 13:31

I identify very strongly with that, that would describe me in my corporate career. I was sought after I had the very big luxury of not having to do proposals. I was always tapped to do the next piece of work. But the thing is, it became my identity. Because I didn't have time for all those things you mentioned in there. And I think that's what also led to my burnout too, is that it was all work and no play. And obviously there's a certain persona that you become I think, is the word Done with us. So that's really helpful.

Then Dr. Sandra how do we know that we have a rest deficit? Because if you've got the seven types of people already feeling a bit exhausted, how do they know? And how can now identify and address that?

Dr. Sandra 14:19

I think that's That was the question I got asked more than anything for my own patients and clients. And that's why I decided to come up with the rest quiz. I felt like I people had to be able to self diagnose, they needed a way of being able to do an assessment, get an answer on which of the type of recipe we're most efficient in. And so at rest, quiz, calm, that's where I offer the free rest assessment, and it gives you a score on each of the seven types of rest. That way you can see, you know, you're doing great in this one and not so great and this other area, and you can really focus your attention on getting more of the type of rest that you really are in a deficit.

Bev Roberts 15:00

Yeah, that's really a good idea. Because I think sometimes we're not aware of all of those aspects. And, you know, having some information or data around our areas are because you wouldn't want to try and fix everything. I guess you start with one that's at the biggest deficit, and then accomplish some things around it, and then maybe take the quiz again and see where's the next because they're probably not accomplished those seven, you know, so they do flow one into the other.

So if you just think of the mental stuff, you know, that this does affect your physical rest, too. So you'd have that interplay between them. So to be it's a great tool to know where we you sort of hit it. So let's talk a little bit about your book. So sacred rest, recover your life, renew your energy, renew your sanity. So why did you write it and who is it for

Dr. Sandra 15:59

Well, I wrote the book really, for my patients that I was seeing so many people that were coming into my internal medicine practice, who their number one complaint was, they retired all the time. And so they would tell me, you know, please check all the labs, you know, I'm sure my thyroid is not working, my adrenal glands not working, something's wrong. And I would do test and we'd evaluate, and everything would come back completely normal. And what I found was when I would tell people, you know, all of your labs are normal, I would have people just burst out in tears. They were so desperate for some answer, that they didn't even care if I told them that they had to be on thyroid pills for the rest of their life. They just wanted an answer to why they felt so bad, why they were so tired, and so drained all the time. And so when I started to kind of get to my own level of burnout, I've been practicing medicine for 20 years. So for 10 years of this, you know, I was like, I don't know what's wrong with you, you know? medicines telling me you just need more sleep. And people would go, and they try to sleep, and they come back and say, I don't feel any better. And then when I got to my own level of burnout, that's when it really hit home for me. And I thought, you know, there's more to this. And I started, you know, working through this whole research just for my own benefit. And then as I started learning more, and I started bringing it back and sharing it with my patients, I knew that I had to put it in a some type of forum where more people could get that message, because I knew it wasn't just my small group of patients, you know, in my area that were dealing with this. I was sure there was physicians all over the America and all over the world who were having the same situation they were confronted with patients who they couldn't give an answer to why they felt tired, because the labs didn't show a reason. But the reason was just because they weren't resting in the area that they really need it. So this book is for anybody who's tired and you're going to bed at night. You sleep Seven, eight hours, you wake up still exhausted, and you feel like you know what's wrong with me that I can't start feeling better that I can't feel energized. There the issue probably is a rest deficit, there's likely an area that you need rest in that you'd may not even know exist. And until you get rest in that area, you'll continue to feel tired, trying to sleep. And if you're trying to sleep, that's a physical type of rest. You can't fix emotional rest deficit with physical rest. You have to get the rest in the area that you have to deficit. That's when you start feeling energized. And that's when you start having that change that makes you get back on track to the life you really want.

Dr. Sandra 18:43

That's wonderful. I love hearing that. And so what sort of legacy Do you want to leave with this book?

Dr. Sandra 18:50

Really, it's interesting because I dedicated the books to my two sons off to teen boys. And what I stated within that dedication is really the legacy that I want to leave with them, I'd never want them to get so kind of captured by the work that they forget to enjoy the work that they understand that the work is enjoyed by having periods of rest. That's when you get to reflect on it. That's when you get to experience kind of the benefit of the work that you've done. Because that's where my life had gotten to you. I was producing a lot of goodness into the world, but I wasn't stopping long enough to, to taste any of it for myself. It's almost like being a busy bee. You're producing all this delicious honey for everybody else. But you're missing all of it. And I don't want anybody's life to look like that.

Bev Roberts 19:38

And you know what I found really interesting with the people that I work with this, most of them have left corporate jobs, to start their own businesses and then recreate the busyness. And so that's really what good wisdom there to have the balance between enjoying the work and obviously you've had enough rest. That's to me is that's a really key takeaway from today. And so what are your tips for Living Fabulously?

Dr. Sandra 20:10

My number one tip would be obviously getting the rest that you need. I think for me, that was the shift. Because once I was able to start getting the rest that I needed, then I had more energy to do the stuff I wanted to do, and a lot of things that I had ambitions to do.

But everything felt like more work. It just felt like more pressure on my life that was already overloaded with pressure. So the rest gave me room to be able to do more. And I think that's what most people don't realize. They think in resting, they're actually going to be retracting from their lives. And the resting is almost like a boomerang effect, you retract so that you can then rebound further. And that's what I've been saying just in my own life. I've been able to do and accomplish so much more and still have a smile on my face while I'm doing it,

Bev Roberts 21:00

And you're meaning rest is not just lounging around doing nothing, right?

Dr. Sandra 21:08

No rest is rest. For most people, the type of rest that I'm talking about, is talking about a restorative activity. So rest is not just the cessation of activity, that's what many people think I'm going to rest I'm going to stop something.

Most restorative rest is active, it's active to some degree. But the difference between the rest and the work is that something is improved this restored in the process. So a restorative walk is different than an exercise jog. You're doing it to restore the circulations and the lymphatics, whereas an exercise walk, you're doing it to increase your heart rate. So you're, you're pulling more on your system and kind of draining your system more. The thing with emotional rest and emotional rest activity includes, you know, spending time with friends and having a great chat.

Bev Roberts 21:56

Well, that's an activity, but it's a restful activity. That's helping you to feel like you're restoring that energy that you need in your emotions. And I guess the other thing around emotional rest is surrounding yourself with the half of people that actually lift you up and, you know, build you because if you are spending time with people who are a little difficult and challenging, that wouldn't be

Dr. Sandra 22:23

Right, and that's actually social. Social and emotional rest are very hand in hand, but you just perfectly described social rest. Social rest is the rest we get from life giving people, so it is important to identify those people who are negatively pulling on you not that they're negative people. It's just the energy that they require from you, versus those people that positively pour back into you. And that's a great example of social rest.

Bev Roberts 22:49

Wonderful. We could talk for hours, Dr. Sandra. You can find Dr. Sandra Dalton Smith at her website, www.ichoosemybestlife.com and also Facebook, these will all be in the show notes so you can get the right links and I'll put the link to the rest quiz. So that you know people can go ahead and go and take that and hopefully start resting.

And just wanted to say a huge big thank you, Dr. Sandra for sharing not only your own personal journey, because often the experts, doctors that come on here, do have a story, but not living it so actively like you are and that's just wonderful to witness too.

And are your patients has benefited immensely so that's wonderful to have a doctor like yourself who doesn't dismiss the fact that you know the results didn't say, Yes, you've got this problem but actually accept that it's real because I think a lot of people do feel dismissed by doctors because they can't put the finger on why they are feeling so drained.

A lot of the Western trained doctors are trained in name it, blame, give it a pill. So probably give those type of woman an anti-depressant or something like that. And I just love hearing that you recognise it was something else, something had to change. But it didn't require medication, it actually required a change in the way you are and the way that you balance your life between the different... I don't even know if balance is the right word. I think integrate is what I would say, integrate work and rest and the enjoyment of those things. It feels like that's like a three-legged stool that you shared today.

A lot of us are passionate about our work because it gives meaning to us and then integrating the rest. That's something it just feels foreign to a lot of woman. And I love how you've explained that it's not going to be sitting around doing nothing. It's actually taking an active step to provide yourself that break from the work I guess, but also to restore yourself in a different way and I love that. So thank you for being with me on the show today.

Dr. Sandra 25:07

Thanks so much for having me. It's been a pleasure.

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