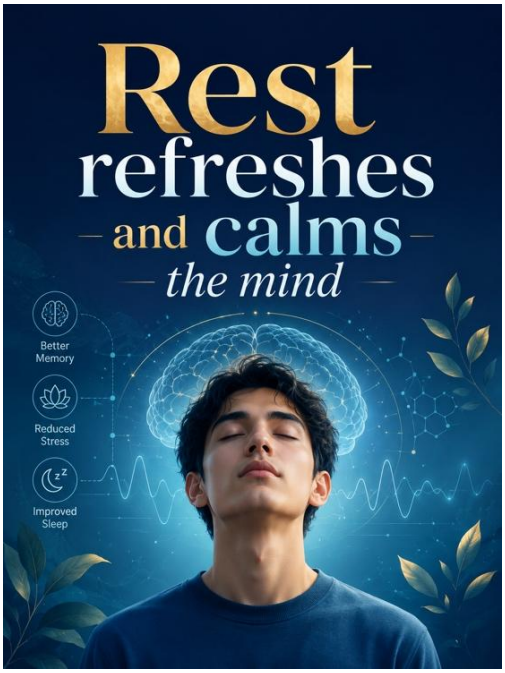
Rest Refreshes and Calms the Mind



Did you know? Rest is not only for the body—it is also a powerful gift for the mind. When you get enough quality sleep, your brain organizes what you learned and stores it in memory, helping you remember better, learn easier, and think more clearly.

Rest also improves focus, creativity, problem-solving, and decision-making. A tired mind may struggle to concentrate, but a rested mind is more alert, calm, and ready for the day. Sleep also helps balance emotions. This means it gives the brain time to calm down, process thoughts and feelings, and recover from stress. Without enough rest, the mind may become more sensitive, making a person feel more worried, sad, frustrated, or irritable.

Health Reminder: Take time to rest. Your mind needs it to think clearly, manage emotions, and stay strong. Rest is healing for the mind.

References:

Centers for Disease Control and Prevention — About Sleep
https://www.cdc.gov/sleep/about/index.html

National Heart, Lung, and Blood Institute — Sleep Deprivation and Health Effects
https://www.nhlbi.nih.gov/health/sleep-deprivation/health-effects

Disclaimer: This health nugget is for general health education only and does not replace professional medical advice.