

Japanese lessons on how to find real rest to prevent burnout



Summary

The Japanese character for rest is the combination of 'person' and 'tree'. It's a universal image, the person leaning against the tree to rest – a representation of rest as not simply sleep or the absence of work, but it's about being in a safe place, a place where we can feel peace.

Through this perspective, we need to feel safe to feel rested – but how do we allow ourselves to truly rest? First we must understand that:

1. Our environment impacts our sense of safety
2. Our mind impacts our sense of safety

By itemizing, prioritizing, and then minimizing what goes on in our physical environment and inside our mind, we can learn to create this sense of safety to allow ourselves to find real rest and avoid burnout.

About the speaker

Kaki Okumura is a Japanese wellness writer. Her writing on the platform Medium garners hundreds of thousands of views a month, and she has been published in Bon Appetit, Eater, TedxGateway, Heated x Mark Bittman, Woman's Weekly, and Katie Couric's email newsletter Wake Up Call. She is Top Writer on Medium in the categories of Food, Health, Psychology.

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