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Put to rest synonym

Image: shapecharge/E+/Getty Images Did you know that there are more than 171,000 words currently used in the English language? Crazy to think about, right? You see words all around you whether you're reading a book, passing a billboard, opening a magazine, or deep into an article online. There are just so many words that each person has in their vocabulary, and then there are all the thousands of words that you don't know or have yet to stumble on upon. If 171,000 words don't phase you, then you definitely need to take this quiz to so we can challenge you! In this quiz, you'll be tasked with replacing a word with the synonym that best fits the sentence. Can you think of a synonym for the word assertive? What about the word frugal or disdain? Or how about the word fickle? Looking at them right now you might be thinking "Oh sure, that's so easy," but it's a whole different ball game when it also has to make sense in the sentence. This quiz will challenge your word knowledge. So what're you waiting for? Take this quiz and let's see if you're as much of a word wizard as you claim to be! TRIVIA EASY Can You Complete These Sentences With the Right Words? 6 Minute Quiz 6 Min TRIVIA HARD Do You Know These 35 Tricky Terms? 6 Minute Quiz 6 Min TRIVIA MEDIUM Can You Fill In the Correct Word to Complete These Sentences? 6 Minute Quiz 6 Min TRIVIA Can You Complete These Words With the Right Letter? 6 Minute Quiz 6 Min TRIVIA Do You Know Enough to Complete All of These Common Phrases? 6 Minute Quiz 6 Min TRIVIA Are You a Master of General Trivia? 6 Minute Quiz 6 Min TRIVIA Can You Tell Us the Meaning of These Old-Timey Words Without Asking Your Grandparents? 6 Minute Quiz 6 Min TRIVIA Can You Pick the Correct Seven-Letter Word That Matches Each Definition? 6 Minute Quiz 6 Min TRIVIA Think You Can Fill In the Correct Word to Complete These Common Phrases? 6 Minute Quiz 6 Min TRIVIA Can You Guess All of These Words That Rhyme with Car? 6 Minute Quiz 6 Min How much do you know about dinosaurs? What is an octane rating? And how do you use a proper noun? Lucky for you, HowStuffWorks Play is here to help. Our award-winning website offers reliable, easy-to-understand explanations about how the world works. From fun quizzes that bring joy to your day, to compelling photography and fascinating lists, HowStuffWorks Play offers something for everyone. Sometimes we explain how stuff works, other times, we ask you, but we're always exploring in the name of fun! Because learning is fun, so stick with us! Playing quizzes is free! We send trivia questions and personality tests every week to your inbox. By clicking "Sign Up" you are agreeing to our privacy policy and confirming that you are 13 years old or over. Copyright © 2021 InfoSpace Holdings, LLC, a System1 Company Sleep is paramount to my mental stability. It is often a lack of sleep that brings on mania for me. (Dont worry, I am not turning manic today). In fact, when I am in a manic phase I will sleep on average 2 hours a night and not feel tired. I dont need the sleep. Manias got all the energy I need.At every psychiatry appointment my psychiatrist asks me how I am sleeping and for how many hours. He wants to make sure that I am getting enough sleep. He wants to check and see if my sleep pattern indicates an upcoming mood disturbance. He also wants to be sure I am not sleeping too much a signal of depression in my case.So be mindful of your sleep. Dont push yourself so hard that you dont get adequate number of hours of sleep per night. Take naps if you need and can. Try to stick to a schedule that works for you.As for me, I think I will hit the hay a little bit early for a Saturday night and hopefully tomorrow I will feel a little more stable.I was sick again today with the stomach troubles that new medicine has been causing. I found myself lying on the couch and it reminded me of days gone by. When I was very sick mentally, very sick I needed rest. It is hard to describe the exhaustion that depression brings. Ive likened it before to an elephant sitting on my chest. How strong must I be to keep standing up with an elephant on my chest? Its too hard to endure. One needs a break.When I was first diagnosed as beautifully bipolar I was given a lot of meds anti-psychotics, anti-depressants, sedatives, anti-convulsants you name it, I was on it. Your mind can only handle so much. Your body can only handle so much. So everyday, between 1 and 3, I would nap. I would fall immediately into sleep and wake up feeling like the elephant had moved his right leg to the floor. A little reprieve.Today I am more well. I dont need daily naps, well, unless depression comes a knockin. But I want to put this out there: It is okay to need rest. It is okay if you need to take an hour or two out of your day to nap. Nobodys judging you (and if they are they arent worth your energy to begin with).Being a mental health warrior is hard work. I know. But you can do it, and if you need to take that elephant off for a few its all good. It seems silly to write an article about rest.After all, rest is kind of like breathing: It's automatic. Or rest is like brushing your teeth: It's something we automatically do every day, sometimes several times a day.But for many people rest isn't part of their lives, at least not regularly, or at least not genuine rest. Many of us are too focused on striving and never stopping. Because, we think, to stop is to quit. Because, we think, to stop is to be lazy.So, we wait to rest until we're so exhausted we have no other choice.Many of us find it hard to rest because we're perfectionists or we fear failure (or both), according to Kelly Vincent, PsyD, a registered psychological assistant who works with young adults, women, professionals and athletes in Lafayette, Calif. "Even though we may not recognize it as perfectionism, at times we are desperately trying so hard to be perfect by doing, accomplishing, and achieving everything we set our minds to. We worry that if we rest, our lives will spin out of control, she said.We also might feel uncomfortable. It's common for boredom to arise when we try to rest. And beneath this boredom reside "more difficult feelings like loneliness, anger, or feeling trapped," said Panthea Saidipour, LCSW, a Manhattan psychotherapist who works with professionals in their 20s and 30s who want to gain a deeper understanding of themselves.We might be afraid to rest because doing so will just set us back. After resting, we'll have to work that much faster and that much harder and that much more to make up for the time our tasks went undone. So we wonder, what's the point? We might yearn to rest, but our minds are too busy racing, reviewing all the responsibilities that are piling up and spilling over into other days and weeks.We might even be confused about what rest really is, said Sarah McLaughlin, MFT, a licensed psychotherapist and certified yoga teacher in San Francisco, who works with women who struggle with anxiety and feelings of not good enough-ness.Many of us think using our phones is resting. After all, we're sitting and scrolling or playing games. We're not doing anything else. However, it's actually exhausting. "We are absorbing the sensory input and our brain is quickly trying to process it all," Vincent said. And we might start unconsciously comparing ourselves and experiencing negative feelings such as envy, jealousy and anger, she said.We also think we'll get our rest when we sleep. "But even sleeping isn't restful for the person who can't rest when they're awake," McLaughlin said. "If the brain is in a constant stress-state during awake hours then, in many cases, it is losing or has lost connective pathways that tell it to decrease or stop the stress response." For instance, the stress hormone cortisol may be released during sleep.McLaughlin defined rest as ceasing work and worry, as "being, rather than doing." "The whole system—mind-body—is engaged in a restful state and we are present in that experience of resting," which she calls "restful awareness." (It's not rest when the body is still but the mind is ruminating, she said.)Saidipour views rest as "shifting from what's external to what's internal and making time and space for our inner selves, our minds, and our creativity." That is, we might daydream or self-reflect, she said.Below are ideas on how you can really rest.Search beneath the surface. Saidipour stressed the importance of getting curious about why you're not resting, about the thoughts and feelings that are driving your need to stay busy. Maybe by staying busy, you're trying to protect yourself from certain feelings.She also suggested exploring these questions: If I weren't so busy, would I feel like a failure? Would I fear losing the approval of others? Would I fear becoming hopelessly stuck?Understand the power of rest. So many people are in a constant state of stress. In fact, McLaughlin noted that 70 percent of visits to the doctor are due to stress-related health issues. "Rest is the only way to engage the part of our nervous system that allows for relaxation." It is literally vital for our physical and mental health.Rest also helps us show up for others (and for our lives). It "benefit[s] everything we touch and do for the rest of the day. We need to start valuing taking care of ourselves as much as we value accomplishing tasks," McLaughlin said.Rethink the narrative. This won't happen overnight, but it's important to chip away at the narrative that resting is failing. "Most people tend to attach their successes to their worth, value, and identity," Vincent said. "We need to reframe and shift the narrative to a more realistic view, such as, '[I]f this task does not get done today, it does not mean I have failed. It just means that I will get to it tomorrow.'"Practice acceptance. Remind yourself regularly that you're not a robot, and you can't do everything at once. Some tasks simply won't get done. Practicing acceptance—accepting things as they are—can help you to temper your stress, and give yourself the mental space to rest. Vincent suggested reminding ourselves: "I did not expect this, but I accept it."Be intentional. As you're about to rest, McLaughlin suggested saying to yourself, "I am going to rest now," and asking: "Is my mind at rest? Am I truly allowing myself to 'be' instead of 'do'?" She also suggested taking several deep, long, slow breaths. "Really focus on the breathing and connect both your mind and body in this present moment of restful awareness."Take in your surroundings. Vincent shared this example: Spend five minutes sitting on a bench. Notice the sun on your skin. Notice the colors around you. Notice the sounds. Notice how the bench feels. "Allow yourself to be completely present in the here and now. Focus on yourself. When figuring out how you'd like to rest, focus on what grounds you, helps you feel most alive and connects you to yourself, Saidipour said. This will be different for everyone. For one person, cooking is a meditative practice; for someone else cooking is misery. You might find these activities restful (or not): journaling; drawing; sipping coffee while watching the sunrise; practicing yoga; sitting on the beach.As Saidipour said, "What helps you shift from absorbing external stimuli to tuning into your own body, thoughts, and feelings?"Many of us have forgotten how to truly rest. We have developed negative narratives about what it means. We've replaced real rest with superficial, stimulating activities like scrolling through social media and playing games on our smartphones.Thankfully, however, we can relearn to rest fully and wholeheartedly. Maybe you'll even consider practicing today. Or right now. Skip gallery slides Credit: Francesco Mosto How to look incredibly well-rested with top eye-opening tricks. Credit: iStockphoto Look incredibly well-rested with these eye-opening tricks from Diane Pottinger, a morning-television makeup artist. Advertisement Advertisement Before applying concealer under eyes, "blend it on your inner corners and the dark areas on the sides of your nose," Pottinger says. Try Tarte Dark Circle Defense (\$32). Line the inner rims of your lower lash lines with a flesh-colored pencil to open up your eyes. Pottinger likes Trish McEvoy Eye Brightener (\$22). Advertisement Credit: Francesco Mosto Don't overdo it We're all guilty of getting a little over-keen at times. And unbridled enthusiasm can end in misfortune. The same applies to overdoing it in the exercise stakes. It could be the very reason you're not nailing your training goals and getting sick or scooping up the odd injury. Fortunately it's easily fixed: just do nothing for a change. Literally. Rest is best Unfortunately, rest doesn't count as rest if you're not exercising because you're ill - it's like "regifting" a gift. Getting sick is your body's way of telling you that you need to take some time off because it's shattered anyway. Your body can get so caught up with the whole repairing muscles lark that it doesn't have enough resources to fight off bugs or viruses. A study in the European Journal of Applied Physiology and Occupational Physiology found that rowers who trained hard for seven consecutive weeks had low levels of muscle-building hormone testosterone and high levels of the brawn-eating hormone cortisol. This is evidence that the muscles are about to shrink and the body is about to get sick. But when they took a week off from training, their hormone levels returned to normal, which put their bodies back into muscle-building and high performance mode. You see, only a fool thinks he'll shrink and regress if he takes a few days - or even a week - off from the gym. Rest is as necessary for growth as the hard work. How to rest properly Most chaps have pretty short attention spans and to follow through with anything beyond 6-8 weeks is often asking too much - just look at celebrity marriages. Your muscles are the same, and the novelty value of a programme wears off after about two months which, as luck would have it, is when your gains start to taper off. This is the perfect time to do absolutely nothing for an entire week and let your body recover. You don't have to duct tape yourself to the couch and you can even do a bit of light activity - some people call it fun stuff - like taking the dog for a walk or chucking a Frisbee. Will you shrivel up? No! In fact, you'll grow as you recharge your body and mind. Then when you return to training you'll be bigger, stronger, and faster - and have the renewed motivation to set new records. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io

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