

KINDNOVA | FREE GUIDE

What Kind of Tired Are You?

REST & RENEWAL DECODER

A visual guide to help you recognise what kind of tired you are - and choose rest that actually matches what you need.

A gentle KindNova resource to help you rest without needing to earn it.

START HERE

Tired is not just one feeling

You can sleep for eight hours and still feel drained if the part of you that is tired did not get the kind of rest it needed.

Mental

When your brain feels crowded, busy or unable to switch off.

Emotional

When you have been holding feelings, supporting others or staying strong.

Sensory

When noise, screens, light, clutter or constant input feels like too much.

Social

When being available, talking or being around people has used up your energy.

Physical

When your body feels heavy, tense, sore, wired or simply worn out.

Creative

When life feels flat, repetitive or disconnected from curiosity and inspiration.

> “ Rest becomes more useful when you stop asking “How do I switch off?” and start asking “What part of me needs care?”

NOTICE

My Tiredness Decoder

Circle, tick or score each area from 0 to 3. You are not diagnosing yourself - you are simply noticing patterns.



The two areas that feel strongest today are:

MATCH THE NEED

Rest that fits the tiredness

The most familiar kind of rest is not always the most helpful one. Try matching your response to the type of drain.

Mental	Might help:	Brain dump, one-task focus, quiet, fewer decisions
	May not help:	Scrolling while your brain keeps processing
Emotional	Might help:	Name the feeling, privacy, support, letting yourself not be okay
	May not help:	Performing calm or explaining everything
Sensory	Might help:	Dim light, silence, screen break, uncluttered space
	May not help:	More input disguised as “relaxing”
Social	Might help:	Time alone, low-pressure company, saying no to availability
	May not help:	Forcing yourself to be “on”
Physical	Might help:	Sleep, stretching, warmth, gentle movement, hydration
	May not help:	Pushing through because you “should”
Creative	Might help:	Nature, music, novelty, making something for no outcome
	May not help:	Turning hobbies into another task

BUILD YOUR OWN

My Rest Recipe

Create three versions of rest so you have an option even when your energy, time or capacity changes.

5-minute reset

Something tiny that lowers the load right now.

20-minute refill

A little more space for your nervous system, body or mind.

Deeper renewal

Something you can plan when you need more than a quick reset.

> The goal is not perfect rest. It is learning to respond to yourself with more accuracy and less guilt.

KEEP IT SIMPLE

My Low-Energy Plan

Write this while you have a little capacity, so tired-you does not have to invent a plan from scratch.

When I notice I am running low, my first sign is...

The easiest kind thing I can do next is...

Something I am allowed to leave unfinished is...

Want to go deeper?

Rest Without Guilt is KindNova's 25-page Rest & Renewal journal. It explores rest guilt, different kinds of rest, boundaries, overload, renewal and building a personal way to return to rest without turning it into another performance.

REST WITHOUT GUILT | 25-PAGE GUIDED JOURNAL | KINDNOVA.CO.NZ