

PRESS RELEASE

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REST 7 Project Officially Concludes, Leaving a Lasting Legacy of Holistic Well-being for European Youth

The European Union-funded REST 7 project, a pioneering initiative dedicated to transforming the understanding of rest, officially concludes, marking the successful completion of its ambitious mission. Over its duration, REST 7 has fundamentally redefined well-being by introducing and advocating for seven essential types of rest—Physical, Mental, Sensory, Creative, Emotional, Social, and Spiritual—moving far beyond the traditional concept of sleep to address the pervasive issue of burnout among young people. The project's comprehensive handbook, developed through intensive collaboration, and its impactful training programs have successfully equipped youth trainers, facilitators, leaders, and young individuals across Europe with vital tools to foster resilience and a more balanced life.

The project team expresses profound gratitude to all partners, contributors, and the European Union for their unwavering support and dedication, which were instrumental in achieving REST 7's objectives. The insights gained, the connections forged, and the knowledge disseminated throughout this journey are expected to continue inspiring and influencing youth empowerment and community development efforts for years to come. As REST 7 closes its official activities, its vision for a generation of well-rested, high-performing, and emotionally intelligent young Europeans will continue to resonate, fostering a healthier, more sustainable future.

