

PRESS RELEASE

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Sparking Imagination: REST 7 Manual redefining "Creative Rest" for Youth

The REST 7 project, supported by the European Union, is championing the concept of Creative Rest in its newly released training manual for young artists, students, and thinkers. The publication argues that constant output without input leads to burnout, characterizing Creative Rest not as idleness, but as giving the brain space to be inspired. The manual identifies key indicators of creative depletion, such as feeling bored with hobbies one usually loves, frustration with projects, and a general lack of motivation, and suggests unplugging from technology to engage in low-pressure, playful activities like building with Lego or doodling.

Ultimately, the project aims to boost confidence and problem-solving skills by teaching young people how to recharge their creative batteries. The manual encourages journaling and mindfulness to help youth understand their own creative rhythms, validating the idea that quiet moments are often where the best ideas are born. "Rest is essential for creativity," the manual quotes singer Billie Eilish, as the REST 7 project hopes to help a generation of young people move from feelings of frustration and "stuckness" to a state of renewed energy and inspiration.

