

# PRESS RELEASE

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## "It's Okay Not to Be Okay": REST 7 Project Promotes Emotional Rest for Youth

Addressing the pressure to always be "switched on," the EU-funded REST 7 project has highlighted Emotional Rest as a vital component of its new well-being manual. The guide addresses the heavy burden young people often carry by hiding their true feelings to please others, explaining that Emotional Rest requires the courage to be authentic and the willingness to express vulnerability rather than bottling up stress. The manual outlines symptoms of emotional exhaustion, such as feeling disconnected or easily annoyed, and encourages young people to find safe spaces—whether with a trusted friend or counselor—to talk openly about their struggles.

To achieve Emotional Rest, the REST 7 manual suggests journaling, physical activity to release tension, and surrounding oneself with uplifting, supportive people who do not demand constant energy. By practicing these habits, young people can lift the weight off their shoulders, resulting in a lighter mood and genuinely restored energy levels. "The best way to heal emotionally is to take a step back and give yourself the space to breathe," the guide quotes singer Shawn Mendes, emphasizing that emotional health is key to feeling understood and less alone in a complex world.

