

PRESS RELEASE

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"REST 7" Project Tackles Youth Burnout by Promoting Mental Rest Techniques

In response to growing concerns over youth anxiety and burnout, the EU-funded REST 7 project has launched a new manual identifying Mental Rest as a critical necessity for today's digital generation. With experts estimating that humans process approximately 70,000 thoughts a day, the manual argues that young brains are often running a marathon without a finish line, leading to brain fog, irritability, and chronic overthinking. The guide outlines simple, effective methods for achieving mental clarity, such as taking "digital breaks" from social media, using "brain dumps" to write down nagging thoughts, and taking short breaks to daydream or breathe.

By incorporating these small habits, the project suggests that students can significantly boost their memory, decision-making skills, and overall mood, transforming how they approach schoolwork and personal challenges. Suggestions include listening to music, watching feel-good movies, or engaging in physical movement like skateboarding to shift focus away from stressful thoughts. "We have to protect our mind and our body," the manual quotes gymnast Simone Biles, underscoring the message that mental well-being is not a luxury, but a fundamental requirement for a balanced and productive life.

