

# PRESS RELEASE

**Event Press Release: 5**

**Date Release:**  
1/06/2024

## New Youth Manual "REST 7" Highlights Physical Rest as Key to Recovery and Health

The REST 7 project, an initiative funded by the European Union, has released a comprehensive training manual designed to help young people combat exhaustion and stress through Physical Rest. The authors emphasize that this form of rest goes beyond sleep, incorporating active recovery techniques to recharge the body's "battery." According to the manual, signs that a young person needs physical rest include constant tiredness despite a full night's sleep, body aches, and a loss of interest in usual activities. The guide suggests practical solutions such as maintaining strict sleep hygiene, creating quiet spaces for relaxation, and engaging in light physical activities like stretching to combat the lethargy that many modern youths experience.

By prioritizing Physical Rest, the project aims to help young people improve their immune systems, reduce the risk of injury in sports, and wake up feeling truly refreshed. The manual provides actionable tips, such as putting screens away 30 minutes before bed and utilizing apps for guided meditation, to help integrate these practices into daily routines. "Rest and recovery is just as important as the work itself," the manual quotes tennis legend Serena Williams, reinforcing the idea that downtime is a critical component of success. This initiative seeks to empower the younger generation to listen to their bodies and build a healthier, more sustainable lifestyle.

