

# PRESS RELEASE

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## New "REST 7" Project Redefines Well-being for Youth by Unveiling Seven Essential Types of Rest

A Funded by the European Union, the "REST 7" project is launching a groundbreaking initiative to combat widespread burnout among young people, challenging the common misconception that sleep alone is sufficient for true rest. The project introduces a comprehensive framework outlining seven distinct types of rest—Physical, Mental, Sensory, Creative, Emotional, Social, and Spiritual—which are often overlooked but crucial for holistic well-being. This innovative approach aims to address the needs of a "high-achieving, high-producing, chronically tired, and chronically burned-out" generation by educating youth trainers, facilitators, leaders, and young individuals on how to effectively integrate these vital forms of rest into their lives.

The REST 7 project is committed to creating awareness and boosting the overall well-being and performance of individuals, both personally and within organizational settings. By teaching participants to identify and nurture each of the seven rest types, the program provides actionable strategies to prevent exhaustion and foster resilience. Through dedicated activities and training, the project seeks to equip young people with the tools to achieve a full understanding of rest, empowering them to lead more balanced, energized, and fulfilling lives, and ultimately contributing to a healthier society.

