

PRESS RELEASE

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REST 7 Manual Urges Young People to Unplug: The Importance of Sensory Rest

The REST 7 project has unveiled a new health manual for young people that addresses the overwhelming nature of the modern world, specifically focusing on Sensory Rest. In an era defined by constant screen time, notifications, and urban noise, the manual warns that sensory overload is a leading cause of irritability and stress among youth, manifesting as sensitivity to bright lights and discomfort with physical touch. To combat this, REST 7 recommends practical interventions like using noise-cancelling headphones, dimming lights in the evening, and spending time in nature to intentionally step away from the chaos.

By adopting these sensory rest techniques, young people can expect to feel less overwhelmed and more in control of their emotions. The project emphasizes that even brief moments of closing one's eyes and taking deep breaths can reset the nervous system, leading to better sleep quality and a calmer mindset. "Sometimes you have to step away from the noise and chaos to find your peace," the guide quotes actress Emma Watson, highlighting the need to consciously disconnect from over-stimulating environments to recharge.

