

# PRESS RELEASE

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## REST 7 Manual Advises Youth on Managing "Social Batteries" with Social Rest

The REST 7 project has released a training manual that encourages young people to re-evaluate their relationships and energy through the lens of Social Rest. The guide acknowledges that socializing can be exhausting if one is constantly around "energy vampires," and helps youth identify when their social battery is low, citing signs such as feeling wiped out after hanging out or feeling that people are "too much." To combat this, the guide empowers young people to set boundaries, saying "no" to invitations without guilt, limiting social media exposure, and spending time with supportive friends who allow them to be themselves.

By mastering Social Rest, the project claims young people can reduce stress and build more authentic, confidence-boosting relationships. The manual advises checking in with oneself regularly to gauge energy levels and finding quiet spots to unwind when overwhelmed, or enjoying a "chill night in" alone. "Social rest is not a luxury; it's a necessity," the guide quotes activist Thandiwe Abdullah, reminding the younger generation that protecting their peace and reclaiming time for themselves is a crucial part of maintaining mental well-being.

