

PRESS RELEASE

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Finding Purpose in Chaos: REST 7 Project Introduces Spiritual Rest to Youth

The REST 7 project, a European Union-funded initiative, has introduced Spiritual Rest as the final pillar in its new holistic health manual for young people. Moving beyond religious definitions, the guide describes Spiritual Rest as the pursuit of deep belonging, purpose, and connection to something bigger than oneself, addressing the feelings of emptiness and anxiety that can arise from a hectic daily life. To counter feelings that life is "boring or pointless," REST 7 recommends practices like gratitude journaling, spending quiet time in nature, and engaging in creative acts that feel meaningful.

By engaging in Spiritual Rest, the manual suggests that young people can gain a clearer picture of their values, boost their overall mood, and navigate uncertainty with more confidence. The guide encourages self-forgiveness and kindness as essential tools for mental peace, quoting Oprah Winfrey's advice to "Breathe, let go, and remind yourself that this very moment is the only one you know you have for sure." Ultimately, the REST 7 project aims to help youth anchor themselves in strong personal values to find calm amidst the stress of growing up..

