

# PRESS RELEASE

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## REST 7 Project Unveils Comprehensive Handbook, A Cornerstone for Youth Well-being Education (WP2)

The European Union-funded REST 7 project proudly announces the finalization of its core educational handbook, a pivotal intellectual output (WP2) designed to revolutionize the understanding of rest among young people and their educators. This comprehensive manual delves into the project's groundbreaking framework of seven distinct types of rest—Physical, Mental, Sensory, Creative, Emotional, Social, and Spiritual—moving beyond the common misconception that sleep alone constitutes adequate rest. The handbook, which was formally presented during the project's second partner meeting in Dublin, serves as the foundational guide to combat widespread burnout in a high-achieving youth culture.

This eagerly anticipated handbook provides detailed insights, practical tools, and actionable strategies for recognizing and addressing deficiencies in each type of rest. It is specifically tailored for youth trainers, facilitators, leaders, and young individuals, empowering them with the knowledge to foster holistic well-being. By equipping participants with a deeper understanding of these crucial elements of self-care, the REST 7 project aims to cultivate resilience, improve performance, and enhance the overall quality of life for young people across Europe.

