

PROJECT REST

Join the movement



Like in music and in life, a rest is an interval of silence.

In a piece of music, a rest is marked by a symbol indicating the length of the pause. We all need to take a moment just rest, pause and reflect. In music and life, the song always continues on. Get involved with how you can take a REST from the stress of everyday struggles and find purpose.

PROJECT REST was designed to reach out to all. Life has its ups, downs and twists, but we can rest, breathe and keep moving forward. Music is a large part of our lives. The lyrics reach out to us and the melody fills our souls. Life is a symphony and we all make the music. The 'rest' is a place within the sting of notes where we pause and breathe and then keep making music.

Our song continues...

PROJECT REST



You are Enough. You are Worthy.
Be Authentic. Rest and Continue On.

When you feel:

in doubt
angry
powerless
tired
stressed
left out
anxious
lonely
worried
overwhelmed
frustrated
sad
disrespected

Practice REST

talk to someone
practice breathing and counting
relax your body
use oils or candles
distract yourself with positive images
observe your space
get a stress ball
write a letter
write in a journal
volunteer
do a puzzle
make a cup of tea
stretch your body
play an instrument
take a hike
wear a favorite sweatshirt or t-shirt
go on a photo taking adventure

Center for Suicide Awareness
www.centerforsuicideawareness.org



Text "HOPELINE™" to 741741
anywhere, anytime, about any
type of challenge or struggle.