



RJ Commitment to Rest Manifesto

April 11–15, 2022

This 'RJ Week of Rest Manifesto' presents the key objectives, aims and principles of rest for RJ advocates.

1. The intentional practice of rest is a fundamental component to thrive and to be restored.
2. Rest is a right, not a privilege, and is made accessible in a myriad of ways as an offering to ourselves and our community members.
3. Rest is a practice with one's presence that is deepened when engaging with ease and attunement to what one needs in each moment. Rest is listening to the body.
4. Taking space to rest is a healthy and normal routine implemented into daily life. Restful practices are increased during times such as these as a form of self-preservation.
5. Rest benefits our bodies, minds, and hearts. Rest benefits those that we serve, our allies, and stakeholders. Rest benefits all that we touch and our livelihood.
6. Rest propels us further along with strength to continue on. Rest helps protect us from burnout. Rest provides the necessary nourishment for each of our offerings in the movement.
7. Rest provides a reminder that we stand on the shoulders of those who came before us. When we practice rest, we support those who paved this path and those who journey alongside us because we are all interconnected.

As Reproductive Justice organizations and allies, we commit to these principles and invite others to join us in embodying our power by resting.