

## Using Rest as Tool to Fight Racism

*\*The following was inspired and adapted from Downers Grove South's Antiracism Cooperative, and LaSalle University's academic enrichment program highlighting rest as a form of resistance.*

Combating racism through rest may seem paradoxical, particularly after the events of 2020 made clear a need to strengthen the principles of anti-racism in America. However, allowing time for the mind and body to power down while working toward social justice is not a contradictory concept. The concept of Rest as Resistance centers around a belief held by noted scholars and authors who, like [Resmaa Menakem](#), contend that since racism is a trauma on our bodies, any effort to heal racism begins with healing our bodies. Rest can then be a form of inoculation against the virus of racism, since resting allows us to heal and our healing can have a ripple effect in our communities.

### Resources for Summer Observations of Rest:

#### 1. Read 'The Elemental Guide to Napping'

[This three-part series](#) from Medium's science-focused site Elemental explores the science behind napping, the keys to a perfect nap, and the napping-as-resistance movement.

#### 2. Explore Resources from the Nap Ministry

[The Nap Ministry](#), founded by Rev. Tricia Hersey, has made available a variety of resources related to the Rest as Resistance movement. These range from [guided meditations](#), to a [Spotify playlist](#), to interviews with Rev. Hersey on [NPR](#) and the [Story Collider](#) podcast—the latter of which examine the relationship between rest and social justice. For more, you can follow the Nap Ministry on [Instagram](#). See her recent [roundtable discussion](#) with Janai Norman, Ianne Fields Stewart, and Dr. Teresa Taylor Fields.

#### 3. Rest Then Rise Meditation

Practice [this guided meditation](#) from [Lotus LaLoba](#), designed to be a form of what LaLoba calls “rest activism.”

#### 4. Podcast Listening

### [Gathering Together for the First Time](#)

### [Creating Transformative Cultures](#)

#### 5. Book Recommendations

*Teaching Community: A Pedagogy of Hope*, By bell hooks

*Laziness Does Not Exist*, By Dr. Devon Price

