



# *Supine* HORIZONS

Supine Horizons invites you to embrace rest as the ultimate form of self-care and community healing.

THE REST 2



Join us in subverting capitalist ideals of “grind culture,” which posit rest solely as a luxury, a privilege or something to be earned.

This resource booklet provides a deeper look into the complex relationship we have with rest individually and as a culture. It is a toolkit to contemplate the power of rest and offer ways to hold the necessary space for our body and mind. This is by no means a complete guide to rest—we invite you to take what you need, leave what doesn’t inspire you, learn from others, and invent your own way to rest.

RESOURCE BOOK 3

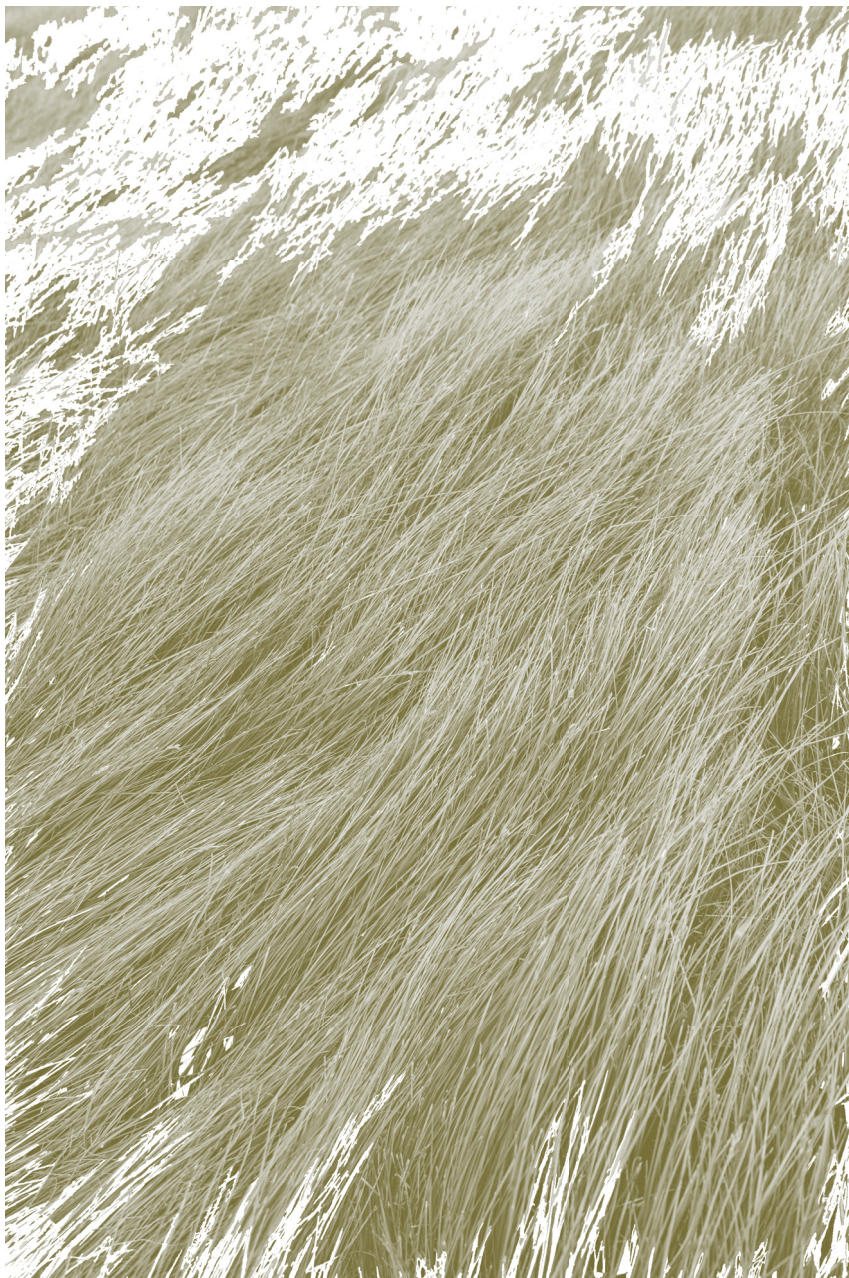
*Part* ONE

# RESTA



# Rest does not equal laziness.

Rest sometimes gets a bad rap. When we feel guilty about taking rest, it often is wrapped up in the capitalist, societal, and/or familial narratives we're conditioned to believe that rest is laziness, or a luxury or privilege that we're not entitled to.



It can be helpful to learn how to discern between the different kinds of situations that might warrant rest, so that we can be more adept at striking a personal balance between focused effort and rest in our lives that helps us feel affirmed.

# Rest is important because it:

*Allows our body and mind to recharge*

*Supports our bodily functions, including our immune system, nervous system, etc.*

*Helps concentration, clear thinking, ability to problem solve*

*Supports mental health and mood*

*Builds up our energy reserves*

*Creates a space for healing to occur*

*Helps us to release and process stressful experiences*

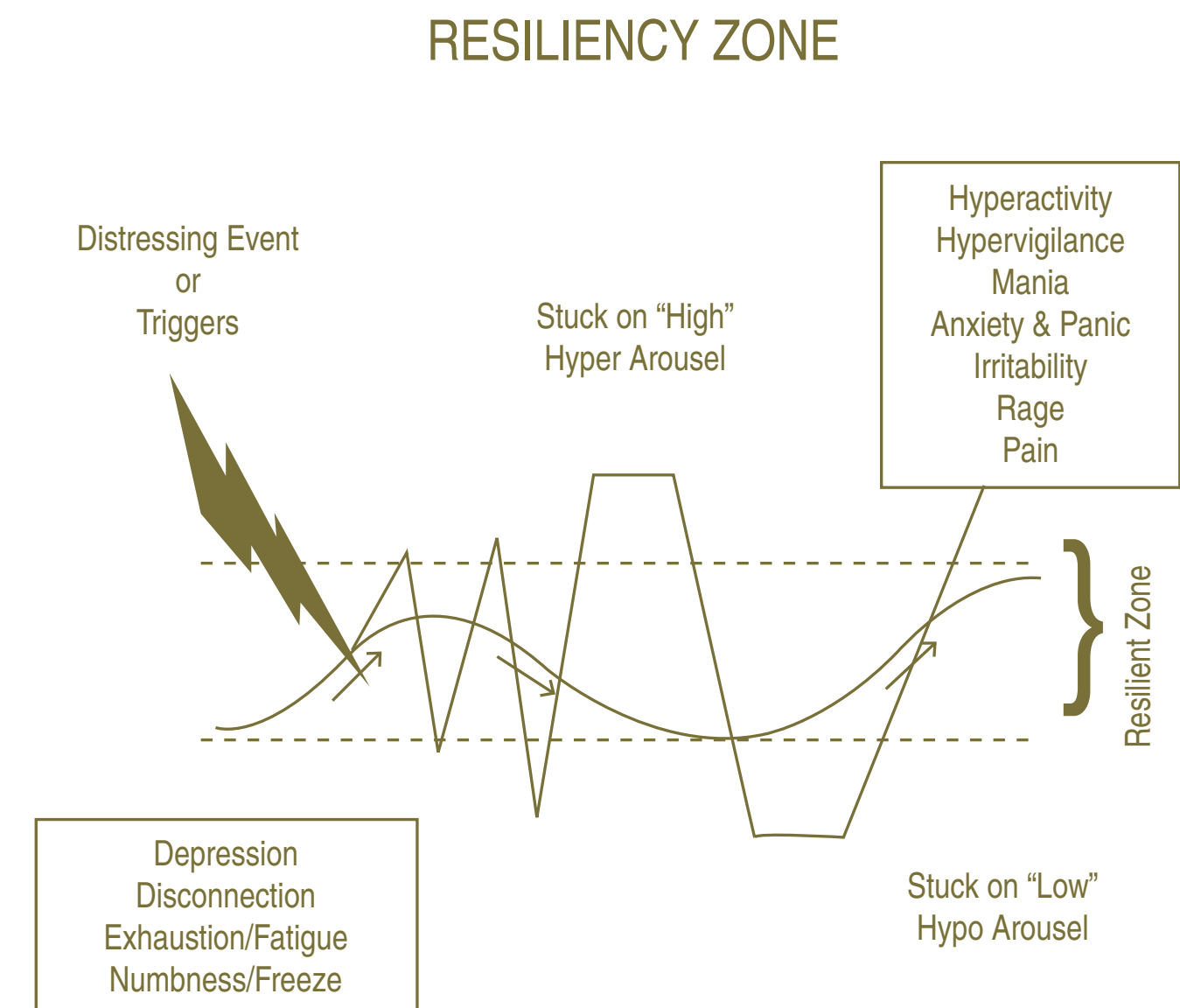
*Increases our \*resiliency zone\**

HOW WE REST

WHY WE REST

# What is our Resiliency Zone?

Our resiliency zone can be found when our body and mind are in a state of well-being, where we can handle stress when it happens and respond by thinking rationally. When we get bumped out of our resiliency zone, we no longer feel safe and can experience getting “stuck on high” or “stuck on low” or bouncing between the two.



*Part* TWO

# RESISTANCE



# Stress & Trauma:



We live in a world where we experience chronic stress on a daily basis. This can have negative impacts on our bodily systems and our mental state because our nervous system is being overwhelmed, creating the same impacts as trauma. Trauma can be defined as an experience that overwhelms our nervous system. Systems of oppression, such as racism,

sexism, heterosexism, ableism, classism, and ageism, which are often fueled by capitalism, exacerbate the impacts of stress on our nervous system creating traumatic experiences. We can experience the impacts of trauma interpersonally and intergenerationally. Epigenetics, a fairly new field of study, explores the idea that trauma can leave a chemical mark on a person's genes, which then is passed down to subsequent generations.

“You do not have to make decisions when you are tired.”

Octavia F. Raheem

# Why is rest political?

remains well below inflation rates, workers aren't afforded sick days, let alone vacation days, healthcare operates as a business rather than a public service, and many struggle to both pay rent and feed themselves and their families. Without exploitation, capitalism cannot succeed.

Rest is political because it requires us to push back against the many systems in our country that are designed to keep people in a constant grind or struggle to stay alive.

Capitalism functions on an endless cycle. Year after year we're sold the same "must-haves" of each season, including the new way to dress, eat, and even care for ourselves. It constantly spews the idea that what we currently have is never enough, and we must constantly work harder to be able to attain any bit of reward or freedom. Meanwhile wage growth

We are constantly fighting to carve out the necessary time for ourselves to just be. Without rest we cannot access our political and creative freedom. Without rest we cannot heal.



# Reflection Questions:

*What are some of the ways that believing in constant productivity has been harmful in your life?*

*Are there habits in your family surrounding work that are related to self worth?*

*Are there habits in your family surrounding using work and productivity to avoid healing wounds or trauma?*

Feel free to write your thoughts here: \_\_\_\_\_

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*Part* THREE

# RENEWAL



# Discovering Your Own Rest Practice



The main difference between rest and sleep is consciousness. Conscious rest can look a lot of different ways other than simply laying down with your eyes closed, aka “quiet wakefulness”. For some people who don’t often spend time in stillness, quiet wakefulness might actually produce the opposite effect until a practice is established. Everyone has their own practice of rest, experiment and find the types of rest that bring you joy and relaxation.

# Creating a Practice of Rest

Breathwork

*Focus on your breath, extended exhale breathing (inhale for a count of 3, exhale for a count of 6)*

Meditation

*Sensory orienting (checking in with each of your senses to bring you into the present moment)*

Movement

*Light exercise, yoga, going on a walk, hiking, biking, etc.*

Physical Rest

*Restorative yoga, napping/sleeping, resting your eyes*

Daydreaming

*Taking a moment to let yourself wonder*

Sensory

*A break from your phone and other causes of overstimulation*

Creativity

*Finding beauty in nature and art*

HOW WE REST

WHY WE REST

# Activity 1

Strike a pose, building new  
muscle memories



Our muscles can hold onto memories and emotions.  
What new memory do you want to add to your body's history?  
What muscle memory do you want to let go of?

1. Check-in with your body. Start by focusing on your feet, wiggle your toes, and then mentally scan your body all the way up to your head—take note of any tensions.
2. What stretches, movements, dances do you want to add to your muscle memory?
3. What muscle memories do you want to let go of?

# Activity 2

Pressing pause, slowing down  
through mindful looking

The act of noticing and allowing oneself to slow down can provide space for rest. This activity could take 5 minutes or much longer, whatever works for you at the moment.

Mindful looking—Ask yourself: what do I notice and what does it make me wonder?

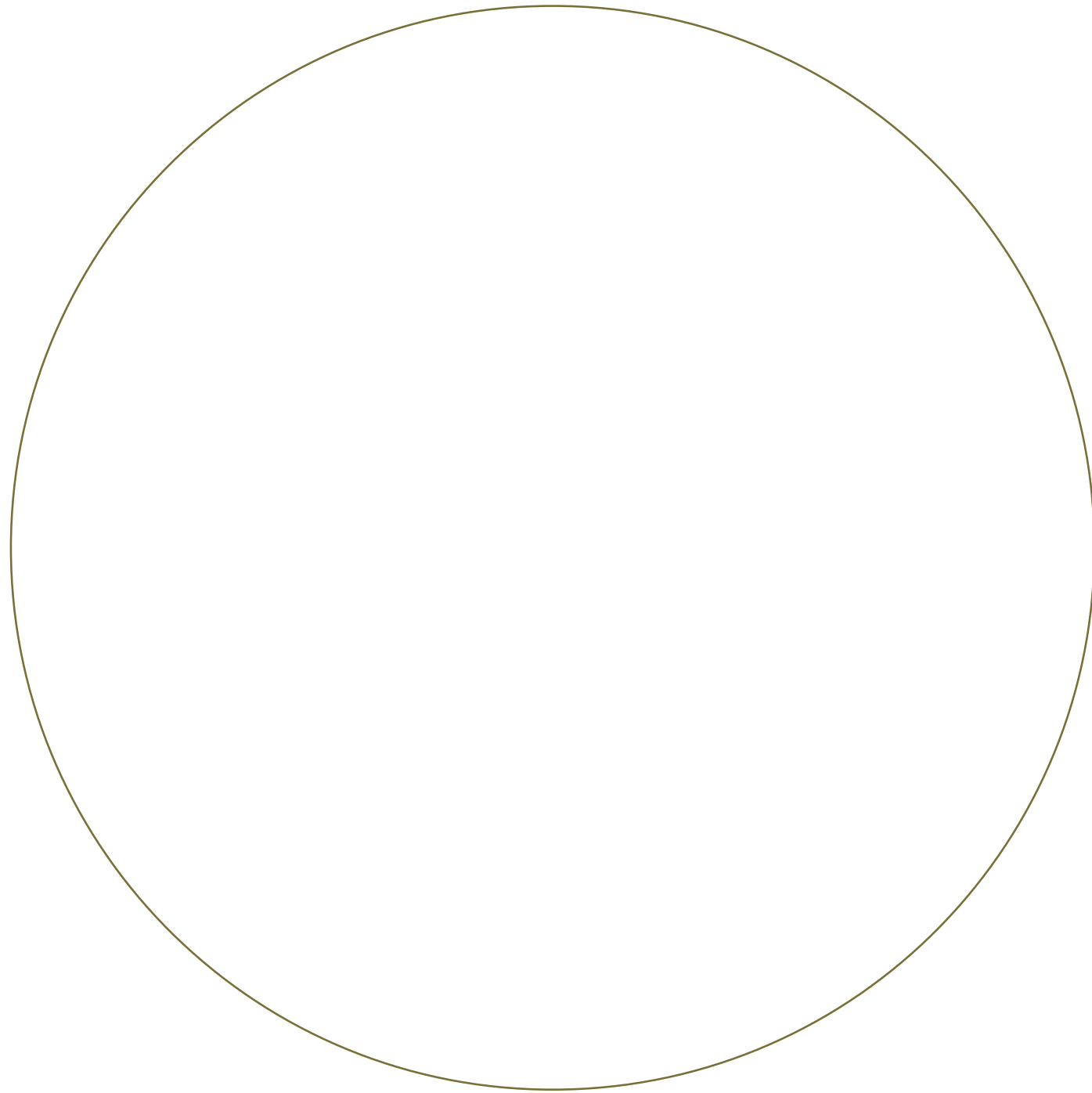
Pause to notice the world around you—the leaves blowing on a tree, the curl of a leaf on the ground. In a journal, draw or write what you are noticing through all your senses: the wind on your skin, the smells in the air, the shapes of clouds in the sky and any other observations.

Return to the same spot—(a view from your window, a spot in the park, a square of the sidewalk, a museum or work of art) and add to your previous observations. Ask yourself again: what do I notice and what does it make me wonder?



## Activity 3

Close your eyes and touch the hand that you do not write with – feel the textures, the wrinkles, the shape. Set a timer for five to ten minutes and allow yourself to slow down, observe, and connect. When you feel ready, open your eyes and keep them focused on the hand you have been observing through your other senses. Without letting your pencil leave the paper, draw your hand below. When you are finished drawing, move your gaze from your hand to your artwork below:



## Activity 4

Set the mood, create a space for rest

Pay attention to the types of restful activities that leave you feeling rejuvenated or recharged, and begin making them a recurring practice that you schedule time for.

What sounds or music do you find relaxing? What smells? What colors? What textures? Create your own space for rest by setting the mood with the things that help you to relax. It could be everything from a playlist for a walk to transforming an indoor space with sound and light—there is no wrong way to connect to your own style of rest.

Write down what comes to mind when you think of a space for rest. Rest to me is:

[illegible]

## Activity 5

## Resting with others, doing nothing

# “We are magic”

# Octavia F. Raheem

What does an activity with others with no plan look like? A blanket and a patch of grass? Sitting in each other's company with no agenda? Taking an afternoon nap? Unplugging and doing nothing is valid and needed to clear the mind and reset.



# Creating a Practice of Rest

Rest is not just an individual practice, it can be shared with others. Nurturing spaces where people can be their authentic selves is a type of social rest. Meditation, walks, connecting with art and nature, and other restful activities can be shared experiences that nurture rest in others and yourself. Understanding the importance of rest within your own practice also means giving space and supporting others in rest and renewal. This could be contributing to community care through volunteering, supporting a family member or friend to have space to rest, sharing resources and ideas, and other thoughtful actions that spark joy and encourage a reflection on our relationship to rest for others.

Your rest practice can help others reflect on their own relationship to rest. How can your rest practice influence others? How can you hold space for rest for others?

Release some of your attachment to the construct of time. Notice how your feelings of urgency or immediacy around a particular matter may be rooted in capitalist ideals. Give others the time and space to act or respond.

Who in your life do you think would benefit from this resource? Pass it on – share this resource and your ideas on rest with others!

# Recommended Reading

Octavia F. Raheem  
*Pause, Rest, Be: Stillness Practices  
for Courage in Times of Change*

Tricia Hersey  
*Rest Is Resistance: A Manifesto*

Jenny Odell  
*How To Do Nothing: Resisting the  
Attention Economy*

bell hooks  
*“a place where the soul can rest” (chapter 13)*

adrienne maree brown  
*Pleasure Activism: The Politics of Feeling Good*

Bessel van der Kolk M.D.  
*The Body Keeps the Score: Brain, Mind,  
and Body in the Healing of Trauma*

HOW WE REST

WHY WE REST

# About the Artist



## Gralin Hughes, Jr.

Gralin Hughes, Jr. (aka Television Sky) is a multidisciplinary artist based in the Philadelphia area, working at the intersection of sound and visuals. He merges visual art and sound design through projection mapping, audio/visual live performances, and installation art. His work explores the manipulation of fragmented textures through modular synthesis, field recordings, and software. His artistic practice is rooted in collaboration; he uses technology to activate and elevate work by visual artists, musicians, galleries, and museums. He is a member of PhillyAV, an artist-led experimental multimedia collective, and a founding member of blkpatches, a collective of Black modular synthesizer artists. His recent collaborative work has activated spaces at the Barnes Foundation, Franklin Institute, International House, Philadelphia City Hall, Philadelphia Museum of Art, Swarthmore College, and Taller Puertorriqueño. Gralin holds an MFA in Museum Exhibition Planning and Design from the University of the Arts.

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Our deepest gratitude and appreciation to those whose research and advocacy for rest paved the way for a project like Supine Horizons. We'd like to thank a few of those people here for the inspiration they've provided us with for this resource booklet: Tricia Hersey, founder of The Nap Ministry, author Octavia F. Raheem, Navild Acosta & Fannie Sosa of Siestas Negras (Black Power Naps), and Ra Malika Imhotep & Miyuki Baker of The Church of Black Feminist Thought.

Thank you to Gralin Hughes, Jr. for graciously accepting the invitation to create such an important project. Your artistry and care in approaching this installation is greatly appreciated. Thanks to Philadelphia Contemporary, and specifically the team who worked on this resource booklet, Libby Vieira da Cunha, Curator of Education and Swabreen Bakr, Director of Storytelling & Digital Strategy. A special thanks to Naima Merella, for helping to develop some of this content, originally included in the Rest for Resilience yoga workshop. Big thanks to our graphic designer Jeremie Rose Wimbrow for pulling it all together, and creating the beautiful graphic identity and signage for the project. Thanks to our partners The KDD Theatre and Studio 34 Yoga Healing Arts.

Supine Horizons is generously supported by The Barra Foundation.

# Acknowledgements

## NICOLE POLLARD, CURATOR OF LIVED CULTURE

Nicole Pollard is the inaugural Curator of Lived Culture. Her curatorial work hinges on concepts of identity and belonging. Her previous work with PC, as Program Coordinator and Associate Curator, has included Festival for the People and Commonwealth. In the past, she has worked as Project Manager at Temple Contemporary, Curatorial Assistant for No Longer Empty, and an Exhibit Designer for Museum of Impact. She holds an MFA in Museum Exhibition Planning + Design from the University of the Arts and a BFA in Art Education from Virginia Commonwealth University.

## THE LIVED CULTURE CURATORIAL PROGRAM

The Lived Culture curatorial program celebrates a decolonial approach to recognizing and presenting art that aligns closely with Philadelphia Contemporary's value of embracing the breadth of what art can be. Lived Culture works to expand the idea of what art can be beyond its traditional forms and institutional limitations, by highlighting individuals, collectives and communities that may not consider what they do to be art, or themselves to be artists. The Lived Culture curatorial program affirms that everyday individual skill and labor, done with joy and with purpose, as well as various forms of culture, both popular and obscure, lend themselves to some of the most fundamental expressions of artistry. This program aims to expand the reach of that work by sharing it more broadly, while also providing the resources for it to grow. Lived Culture aims to shift perceptions of power and privilege in our society by looking to the hands of the people.

## ABOUT PHILADELPHIA CONTEMPORARY

Founded in 2016, Philadelphia Contemporary is a contemporary art organization whose mission is to connect the people and places of Philadelphia through art and partnership. Currently nomadic, Philadelphia Contemporary presents visual art, performance art, and spoken word across the city, with ambitions to establish a freestanding, globally oriented, and locally aware non-collecting arts institution.

## ABOUT THE KINESICS DANCE DYNAMICS THEATER

The KDD Theater is a black box performance space owned and operated by Kinesics Dance Dynamics. Located in the Germantown neighborhood of Philadelphia, a rapidly blossoming arts district, the black box provides an opportunity to share arts and culture with the community. The KDD Theater is a multifunctional space, serving as a dance/movement studio and live performance space.

## ABOUT STUDIO 34 YOGA HEALING ARTS

Since 2008, Studio 34 has cultivated a community; it has offered affordable yoga classes, workshops, and art shows for those who seek healing, as well as space for wellness practitioners to provide various forms of therapy, from acupuncture to massage to psychotherapy & more. In early 2018, community member Kari Thompson took over as owner and remains committed to Studio 34 being a space of healing, creativity, and inclusivity for the West Philadelphia community and beyond.





YOU ARE WORTHY  
OF YOUR DREAM

PHILADELPHIA  
CONTEMPORARY