



Brain Club® Digital Resource Library

PLAIN TEXT SUMMARY

“Barriers to Rest” - Why Rest is Hard, and Why it Matters

In this Brain Club®, we talk about why rest can be really hard for people with a lot of medical problems.

Many of us were taught that we should always be working to be a “good” person. Because of that, some people feel like resting means they are lazy or doing something wrong. Some community members say that they tried to hide how sick or tired they felt so they could seem “normal.” Doing this made their health worse. Sometimes doctors didn’t believe them, which made everything even harder.

People on the panel talk about how this can feel sad, scary, and lonely. They also share things that help them feel better, like resting, doing crafts, spending time with animals, or being quiet. They say that rest helps their bodies and minds feel better.

Rest is easier when you are part of a community where you feel safe and supported. At All Brains Belong, people are learning that rest isn’t something you have to earn — it’s a basic human need and a human right.

Key terms

Neuronormative	This means that society acts like there is only one “normal” way for brains to work. But that’s not true. The world is mostly set up for people whose brains work in a certain way. People with other types of brains — like Autistic, ADHD, or other neurodivergent people — are often left out. They may have a hard time getting what they need at school, work, doctor’s offices, or in friendships.
Social determinants of health	These are everyday things that affect your health — like where you live, how much money you have, if you have enough food, and if you have people to support you.