

Doze - an invitation to a 'Public Rest Declaration'

Hello,

I hope you're keeping as well as you can in these times, and finding time for rest and laughter in all the world's madness.

Since the beginning of the year I've been working on a new project called [Doze](#) that asks how we might use resting as a means to resist, and how choosing to slow down and resist labour can be a part of imagining radical new ways of being.

This project was originally birthed from a complicated relationship to resting as a sick person. I wanted to look at how I could make work that responded to being black, unwell, unable to find rest publicly or privately, and how creating a public intervention of rest might invert private shame and guilt into collective joy in needing to care for the body. This project looks at how this resistance can push back against ableism, racism and capitalism in a world that is getting faster and busier with less time to pause.

This Friday (August 7th) from 9am-5pm, I'll be performing a digital durational sharing of 'Doze'. With each hour - that in contemporary capitalism is traditionally dedicated to working - I'll use this time to rest with tasks that myself and my *Imaginative Rest Experts*, (a term I created for people who like me, have a complicated relationships with rest) have deemed restorative.

This is an invitation for you to join in with *Doze*. The way you interact is completely up to you. You can stay for as long or as short a time as you would like. You can engage with the activity - doing a jigsaw, napping, colouring in, spending time in nature etc - in whichever way you want, or not at all. You can dedicate some time in your day to rest, or you can just pop in to see what's going on. You can tweet about it, make an instagram post about it, or keep it off social media entirely. Your engagement in this project is about keeping the agency with you, the audience.

We'll probably ask for feedback in the form of questions that we will send after the event is over, which will be sent by producer Ali Wilson.

If you are interested, please get in touch with Ali on awilson94@hotmail.co.uk so we can send you instructions on how to join in online.

**A big thank you to those who have engaged with the work so far,
Go gently,**

Toni-Dee