

RADICAL REST CHALLENGE

GIVE - A - LITTLE DAY 2025

CAN YOU REST FOR 25 MINUTES? NO DISTRACTIONS?

IT'S HARDER THAN YOU MIGHT THINK.

This Give-a-Little day, we're inviting our extended community to slow down... Radically!

People living with ME/CFS and Long Covid don't get to choose to rest.
It's not self care... it's survival.

For many people with ME/CFS, especially the approximately 25% living with Severe ME/CFS, even seemingly small activities cause debilitating symptoms. With a broken energy system at a cellular level, it is critical to #StopRestPace and #PlanPacePrioritise to stabilise symptoms and avoid reducing functionality further.

So here's our #RadicalRestChallenge challenge:

♦ **Nominate a friend or two (or yourself)**

♦ **Radically Rest for 25 minutes – This means no screens, no distractions, just full rest with eyes closed.**

♦ **Donate \$10 to support people in our community living with ME/CFS and Long Covid.**

If you try the #RadicalRestChallenge but can't make it through the full 25 minutes that's ok, It's harder than it sounds!

For every minute you can't complete, add \$1 per minute to your give-a-little donation total.

It's a lighthearted challenge with a serious message: for people with ME/CFS, rest is not optional... it's essential!

Let's show up for those who can't - by resting with them or donating for them.

♦ Date: Tuesday 2nd December 2025

♦ Where: <https://givealittle.co.nz/org/mecfs-group-canterbury-inc>.

♦ Challenge: #RadicalRestChallenge #GiveALittleDay

Every dollar and every moment of awareness makes a difference.



ME CFS
CANTERBURY
WEST COAST