

INTERNATIONAL REST, REPAIR & RESISTANCE DAY

PARTNER TOOLKIT

**REST IS NECESSARY. REPAIR IS REQUIRED.
RESISTANCE MOVES US FORWARD.**



ABOUT THIS DAY

Welcome to the Inaugural International Rest, Repair & Resistance Day, an international observance held every July 22 as part of Black Maternal Mental Health Week. This day was created by The Shades of Blue Project to honor the right of Black mothers, families, providers, advocates, and communities to rest, heal, repair harm, and continue the work of resistance.

For too long, Black mothers have carried the weight of systems that were not built for them. Systems that dismiss their pain, overlook their needs, and demand they keep giving without asking what they need to receive. This day exists because that narrative must change.

International Rest, Repair & Resistance Day is a call to pause with intention. It is a declaration that Black mothers deserve rest without guilt, healing without barriers, and a community that will stand beside them and demand better. Rest is not the absence of strength. It is the foundation of it.

This is also a day of accountability and resistance. For those who have benefited from the labor of Black women without adequately investing in their wellbeing, this is your invitation to show up differently. To name the harm. To close the gap. To take action through advocacy, storytelling, policy, organizing, and community-led solutions that keep Black mothers at the center of every decision.

This is not just a day of awareness. It is a commitment, renewed every July 22, to the work that sustains Black mothers, families, and communities.

This is Year One. The conversation continues. Make the Commitment ([Click Here](#))

ANNUAL DATE

July 22 (every year)

2026 LAUNCH

Wednesday, July 22, 2026

OBSERVED DURING

Black Maternal Mental Health Week

CONVENED BY

The Shades of Blue Project



THE THREE PILLARS

International Rest, Repair & Resistance Day is built on three pillars. Together they form a complete call to action, for individuals, organizations, and communities committed to Black maternal mental health justice.

REST

Create space for pause, breath, nourishment, boundaries, emotional restoration, and mental wellness. Rest is not a reward, it is a right. For Black mothers who carry so much, choosing rest is an act of radical self-care and an act of resistance in itself.

YOUR ACTION: Protect a moment of wellness, quiet, reflection, prayer, movement, or restoration.

REPAIR

Acknowledge harm, address gaps, restore trust, support healing, and invest in what communities need. Repair is not comfortable, but it is necessary. It is the act of looking honestly at what has gone wrong and committing to do better.

YOUR ACTION: Name one gap, harm, or unmet need and commit to one action that improves support.

RESISTANCE

Take action through advocacy, storytelling, policy, organizing, funding, and community-led solutions. Resistance is how we sustain the work. It is how we keep Black mothers at the center of every conversation, every policy, and every investment.

YOUR ACTION: Take one public action that advances Black maternal mental health through advocacy, giving, sharing, or partnership.



THE 22-MINUTE PAUSE

On July 22, join us at:

12:30 PM CST | 1:30 PM EST | 10:30 AM PST

A 22-minute moment of collective rest, reflection, and solidarity.

No preparation is required. No performance is expected. This is simply 22 minutes to pause, breathe, and be, alongside communities across the country who are resting with intention.

STEP 1

SET YOUR INTENTION

Before you begin, take a breath and ask yourself: What am I pausing for? Who am I holding in my heart today? Let that answer guide your 22 minutes.

STEP 2

STEP AWAY FROM SCREENS

Put your phone down. Close your laptop. Remove yourself from the noise, even briefly. This is your time.

STEP 3

REST, REFLECT, OR RESTORE

Use these 22 minutes however restoration calls to you: breathe deeply, pray, journal, sit in stillness, move gently, listen to music, or simply be present.

STEP 4

RETURN WITH PURPOSE

As the 22 minutes close, bring yourself back gently. Think of one action, to Rest, to Repair, or to Resist, that you will carry forward from this moment.



YOUR JULY 22 ACTION PLAN

This July 22, the ask is beautifully simple: take one action to Rest, one action to Repair, and one action to Resist. You do not have to do everything. You just have to start with one.



ONE ACTION TO REST

Protect a moment of wellness, quiet, reflection, prayer, movement, or restoration. This could be your 22-minute pause, a walk, a nap, a boundary you set, or simply saying no to one thing today.



ONE ACTION TO REPAIR

Name one gap, harm, or unmet need in your community or organization and commit to one action that improves support. Share a resource. Have an honest conversation. Write a letter. Show up differently.



ONE ACTION TO RESIST

Take one public action that advances Black maternal mental health justice. Share the official graphic. Make a donation. Attend an event. Advocate for policy. Amplify a Black-led organization or voice.

SMALL ACTIONS CREATES

REAL CHANGE



YOUR PERSONAL COMMITMENTS

Use this space to write down your intentions for July 22. Come back to these words throughout the year.

MY ACTION TO REST:

MY ACTION TO REPAIR:

MY ACTION TO RESIST:



The Conversation Continues.

Thank you for being part of the Inaugural International Rest, Repair & Resistance Day. This day will return every July 22, because Black mothers deserve more than one year of recognition.

JOIN OUR NETWORK OF SUPPORT:

Your organization can make a significant impact on the health and well-being of Black mothers and their families. By sponsoring or partnering with the Shades of Blue Project, you are not just supporting a cause - you are investing in the future of our communities and the generations that will follow.

For more information on sponsorship and partnership opportunities, visit www.shadesofblueproject.org

LET'S STAY CONNECTED:

Subscribe to our mailing list and stay up to date on events, resources, speakers, and ways to get involved. Whether you are a healthcare provider, advocate, sponsor, or community member - there is a place for you in this movement.

WEBSITE

shadesofblueproject.org/bmmhw

INSTAGRAM

[@shadesofblueproject](https://www.instagram.com/shadesofblueproject)

FACEBOOK

[facebook.com/sobproject](https://www.facebook.com/sobproject)

YOUTUBE

[@shadesofblueproject](https://www.youtube.com/shadesofblueproject)