



## Kwentong Bayan Collective

Our project is inspired by Tricia Hersey-Patrick who created the 'rest is resistance' and 'rest as reparations' frameworks and founded @thenapministry - a movement to understand the "liberatory power of rest".

We collaborated with migrant care workers from the Philippines to explore how they make time to rest their bodies, minds and spirits between long hours of work. We reflected their responses in our artwork.

We send love and care to all migrant workers: *Pahinga ka na muna*. Please rest.

And we whole-heartedly support this call by The Nap Ministry:

Disrupt and push back against a system that views you as a machine.

You are not a machine. You are a divine human being.

**WE WILL REST!**

