



佛教慈濟慈善事業基金會(新加坡)
BUDDHIST COMPASSION RELIEF TZU-CHI FOUNDATION (SINGAPORE)

MEDIA RELEASE
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Rest Beyond Sleep: SYNC. Festival Invites Singaporeans to Address Their Hidden Rest Deficits and Cultivate Restorative Habits



More than a thousand individuals participated in the first SYNC. Festival's three-kilometre Family Walk last year, during which they passed Yishun Park and Yishun Pond Park. Photo by Tzu-Chi Foundation (Singapore)

SINGAPORE, 6 July 2026 – Is sleep alone sufficient to alleviate fatigue? According to American internal medicine physician Dr Sandra Dalton-Smith who popularised the [“7 Types of Rest” framework](#), it is not. [Neurologists have also found](#) that even when engaging in supposedly relaxing activities such as scrolling through social media or watching short-form videos, our brains continue to process information and can become overworked over prolonged periods.

[Reports on rampant work-related stress and burnout](#) and Singapore teenagers spending over 8 hours a day on screens point to a growing crisis in which genuine rest has become increasingly elusive. Driven by a goal to help Singaporeans and residents discover their



chronic rest deficits and uncover the meaning of truly resting, Tzu-Chi Foundation (Singapore) ("Tzu Chi") is once again bringing back the SYNC. Festival.

Taking place on 26 July 2026 (Sunday), 7am to 12pm, and anchored in the concept of "intentional rest", the community event will shine a light on the seven types of rest that Dr Saundra Dalton-Smith has identified as crucial to one's well-being: Physical, Sensory, Emotional, Social, Mental, Creative and Spiritual. Replete with experiential activities that have a restorative effect, this event is co-organised with the Pasir Ris-Changi GRC and the People's Association, and is supported by the Racial and Religious Harmony Circle.

"Many of us spend our days caring for responsibilities, meeting expectations and looking after the people around us. In doing so, we often forget that rest is not a luxury; it is what allows us to continue showing up for ourselves, our loved ones and our communities. An intentional pause can sometimes be the first step towards reconnecting with what truly matters," said Boh Shuhui, General Manager of Tzu-Chi Foundation (Singapore). "SYNC. Festival is a movement that invites all to boldly choose self-care, and embrace the opposite: pause, slow down, reconnect with oneself and their loved ones, and find solace in nature. Here, 'intentional rest' takes centre stage: the habit of carving out pockets of time to rest, and not resting only when we are tired or after we have burnt out."



Illustration by Tzu-Chi Foundation (Singapore)



Discover seven types of rest designed to alleviate fatigue

The highlight of the festival is a single-loop 6km Community Walk, whose flag-off point is at Tzu Chi's headquarters, Jing Si Hall, at 9 Elias Road. The full journey is dotted with seven distinct, interactive stations, each designed around one specific type of rest. As they navigate these stations, participants will learn more about the rest, and pick up simple yet effective techniques they can follow on a daily basis (See details in Appendix 1).

Before the walk, they will take a rest quiz to identify the type of rest they need most. Then, their journey will take them to Pasir Ris Park, before returning to Jing Si Hall. Grassroots Advisers to Pasir Ris – Changi GRC GROs, including Guest of Honour Ms Indranee Rajah, Minister in the Prime Minister's Office and Second Minister for Finance and National Development; Mr Desmond Tan, Senior Minister of State in the Prime Minister's Office; and Grassroots Advisers Mr Sharael Taha and Ms Valerie Lee, will join the walk.



*A mental rest area at SYNC. Festival 2025, providing a relaxing experience for participants.
Photo by Tzu-Chi Foundation (Singapore)*

Upon completing the 6km Walk, participants will return to Jing Si Hall and explore SYNC. Village, which features a curated line-up of lifestyle activations:



- **Zero Market:** Governed by a “Zero Meat, Zero Plastic and Zero Waste” philosophy, this eco-conscious marketplace is helmed by local sustainable brands, and showcases a wide range of upcycled merchandise, organic skincare products and meatless snacks.
- **Eco Discovery Zone:** Through educational booths, games and hands-on challenges, Tzu Chi volunteers inculcate everyday eco-friendly habits in participants.
- **Family Zone:** Children can let loose at the bouncy castles while their parents unwind.
- **Live Stage:** Live performances by homegrown talents help to keep the crowd energised.
- **F&B Stations:** Familiar brands, all offering plant-based food options, help participants discover that meat-free diets can be delicious.
- **Mindful Living Workshops:** These introductory sessions impart practical mindfulness and everyday emotional regulation techniques.
- **Slow Brew Circle:** A serene tea appreciation session where participants can practise the slow, meditative art of traditional brewing while learning more about Tzu Chi’s initiatives.

Championing sustainability and the importance of self-care

Right from the start, sustainability is woven into SYNC. Festival’s design thinking. By deliberately removing conventional event merchandise, such as T-shirts, medals and single-use goodie bags, the festival reinforces the importance of mindful consumption. Instead, participants will receive a personalised Festival Pack during the Pack Collection from 17 to 21 July 2026, and get to select useful items that matter most to them. On event day, they are also encouraged to bring their own reusable cutleries, thus lowering their carbon footprints.

Coinciding with the Pack Collection is a mini exhibition on the Seven Types of Rest, held in collaboration with the Pasir Ris Elias Community Centre. It serves as a gentle reminder to residents to prioritise their well-being. Mini self-guided rest stations, including the Breathing Zone (Physical Rest), Walk the Line (Mental Rest), and Worries Shredder (Emotional Rest), will also be available.

Festival tickets are priced at a flat fee of \$5 per pax. For more about SYNC. Festival, visit syncfestival.sg

For media queries, please contact:



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ABOUT TZU-CHI FOUNDATION (SINGAPORE)

The Buddhist Tzu Chi Foundation is a global non-profit humanitarian organisation founded in 1966 by a Buddhist nun named Dharma Master Cheng Yen in Taiwan. Its missions of charity, medicine, education, humanistic culture and environmental protection has brought relief to over 100 countries.

In 1993, Buddhist Compassion Relief Tzu-Chi Foundation (Singapore) was established, with the organisation's work starting with the Mission of Charity and the goal of relieving poverty, before gradually expanding into the Missions of Medicine, Education, Humanistic Culture, and Environmental Protection over the years. The heart of Tzu Chi is embedded in its name: in Chinese, "tzu" means compassion and "chi," relief.

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For more information, please visit us at:

- Website: www.tzuchi.org.sg/en
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Appendix 1:

Station 1: Physical Rest – Restoring the Body

- **Location:** Gallop Stable
- **The Activation:** This station introduces gentle movement as a prelude to deep physical relaxation. Participants engage in a self-guided stretching and breathing circuit, going at their own pace.
- **On-the-Ground Experience:** Life-size cutouts are mounted on platforms across the open field. Participants follow a sequence of nine poses (ranging from easy to challenging) and perform deep breathing exercises at the same time.
- **The Participant Takeaway:** Practical, everyday stretching exercises that busy executives can easily follow at their office desks or homes to break up sedentary routines.

Station 2: Sensory Rest – Resetting from Overstimulation

- **Location:** Mangrove Boardwalk
- **The Activation:** Designed to counter the constant digital buzz and screen dependency of modern urban life, this station invites participants to slow down, disconnect from devices, and systematically reconnect with their immediate natural environments.
- **On-the-Ground Experience:** A silent, mindful walk along the boardwalk with minimal talking. Sensory touchpoints are positioned strategically along the route:
 - *Start (Touch):* A tactile touchboard featuring diverse natural textures.
 - *Mid-Way (Listen, Look, Smell):* Instructional boards guiding participants to immerse themselves in environmental sounds, coastal views, and nature scents.
 - *End (Taste):* A station that encourages participants to truly enjoy and appreciate every sip of water.
- **The Participant Takeaway:** This session of sensory detoxing demonstrates how a simple walk through local nature can increase mindfulness, if one only stops to pay attention to every element.



Station 3: Emotional Rest – Express and Let Go

- **Location:** Garden Maze
- **The Activation:** Addressing the invisible emotional weight that everyone carries, this experience teaches emotional regulation, helping participants identify, process and release their feelings.
- **On-the-Ground Experience:** Participants will navigate a maze, which serves as a metaphor for navigating complex emotions. At the entrance, they select a coloured ball that resonates with their current emotional states. As they navigate the pathways, mirrors with reflective prompts (e.g. *"Show me your happy face"*) encourage emotional awareness. At the exit, dropping the ball into a collection bin creates a powerful, symbolic act of release.
- **The Participant Takeaway:** A vital reminder of the importance of not holding onto heavy emotions for too long.

Station 4: Social Rest – Finding the Right People

- **Location:** Open Area by the Beach
- **The Activation:** This space redefines socialisation beyond superficial digital interactions, allowing participants to choose between deep, authentic interpersonal connection or quiet, personal introspection.
- **On-the-Ground Experience:** An array of picnic mats and foldable chairs facing the sea creates a relaxing environment. Over a short period of five to 10 minutes, participants can engage in conversations rooted in values of gratitude and self-reflection, such as:

"What's a moment recently that made you smile?"

"What helps you recharge after a long week?"

"What's something you appreciate more as you grow older?"
- **The Participant Takeaway:** Restoring social energy by engaging in meaningful, brief dialogues with either themselves, or their family, friends or even strangers.

Station 5: Mental Rest – Clearing the Mind

- **Location:** Sand Pit



- **The Activation:** A station designed to help overstimulated minds unburden themselves from endless to-do lists, daily anxieties and racing thoughts.
- **On-the-Ground Experience:** Named "*Erase Your Worries*," this tactile station invites participants to use wooden sticks to write or draw their current worries in the sand, before wiping the surface completely smooth to symbolise release. Signs with geometric patterns (circles, zigzags) are available for freestyle tracing.
- **The Participant Takeaway:** Before leaving, participants receive a postcard featuring an inspirational quote on mental rest.

Station 6: Creative Rest – Reigniting Inspiration

- **Location:** Playground
- **The Activation:** This station encourages pure, childlike curiosity, showing participants how to express their artistic flair without the pressure of producing a finished product.
- **On-the-Ground Experience:** Five distinct, visually captivating observation points are spread across the playground area. At the resource table, participants can pick up and notice the surrounding beauty with makeshift binoculars made from recycled toilet rolls. Paper and stationery are available for them to sketch whatever catches their eye or inspires them in the moment.
- **The Participant Takeaway:** Overcoming creative blocks by learning to look closer at everyday surroundings, proving that inspiration starts with simple appreciation.

Station 7: Spiritual Rest – Finding Purpose & Meaning

- **Location:** Tzu Chi HQ Driveway (Ending point of the walk)
- **The Activation:** The destination connects individual well-being with a larger sense of purpose, inviting participants to look beyond themselves and explore fulfillment through community, volunteerism, and shared values.
- **On-the-Ground Experience:** An illuminating "*Ask Me Anything*" showcase featuring a line-up of local non-profits and social enterprises. Spokespersons from each organisation will delve into their missions, challenges and intangible rewards with individuals who are curious about giving back to society.



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- **The Participant Takeaway:** This space bridges personal mental wellness with civic action, allowing participants to explore how contributing to a greater cause can provide long-term spiritual restoration.