

BOOK CLUB IN A BOX | INSTRUCTIONS

BEFORE YOUR DISCUSSION

- Email an invitation to your book group member
- The Following bookstore is offering 10% off the purchase of this book:
 - *King's English Bookshop in Salt Lake City*
- **Let's Talk** episodes are available to stream at pbsutah.org/letstalk
- Join the Facebook Group "Book Club in a Box Discussion Group" to find ideas, helpful links, etc.
- During your discussion:
 - Make PBS Utah materials in the box available to your group
 - Show clips from the episodes
 - Take photos to share with PBS Utah and Facebook group

AFTER YOUR DISCUSSION

- Encourage your book club participants to fill out the survey
- Share your photos and ideas with others on the Facebook Group
- Invite your book club members to join the Facebook Group via email
- Complete host survey
(Link will be emailed to you after your discussion)



BOOK CLUB IN A BOX

GET INVOLVED!

National Organizations:

- **Office of Surgeon General**
hhs.gov/surgeongeneral
- **The Nap Ministry**
thenapministry.com

Local Organizations:

- **Utah Psychological Association**
utpsych.org
- **Utah Mental Health Counselors Association**
umhca.org
- **Sleep | Wake Center**
healthcare.utah.edu/locations/sleep-wake-center

BOOK CLUB IN A BOX

FILM SYNOPSIS



HOW TO TALK TO KIDS ABOUT RACE

LET'S TALK

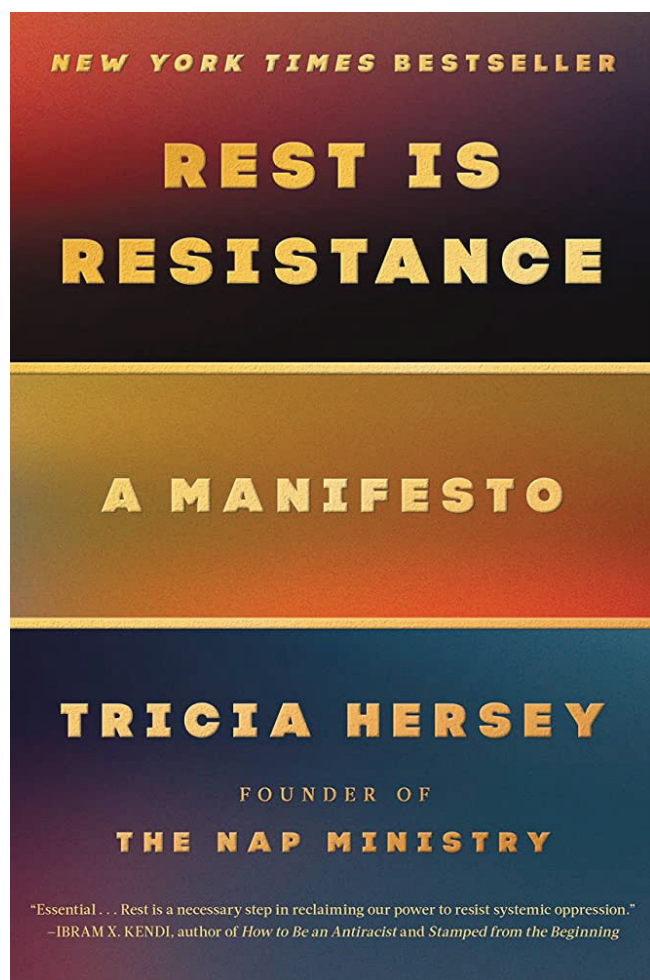
In this video series, host Karen Tao sits down with parents to have lively conversations about race and racism and how these topics inform their family life.



FILMMAKER BIO | ASHLEY SWANSONG

Ashley is a Producer for PBS Utah Production Department, primarily creating digital content for PBS Utah's online platforms. She loves creating educational, inspiring, and entertaining videos that encourage viewer connection with topics and communities. In her free time she loves to learn about things she knows nothing about (in part thanks to her 5 year-old) and try new recipes. Her favorite PBS show is This Old House and Wild Kratts (also thanks to her 5 year-old) and her current favorite podcast is Selected Shorts.

BOOK CLUB IN A BOX | BOOK SYNOPSIS



REST IS RESISTANCE: A MANIFESTO

From the founder and creator of The Nap Ministry, *Rest Is Resistance* is a battle cry, a guidebook, a map for a movement, and a field guide for the weary and hopeful.

This book is rooted in spiritual energy and centered in Black liberation, womanism, somatics, and Afrofuturism. With captivating storytelling and practical advice, all delivered in Hersey's lyrical voice and informed by her deep experience in theology, activism, and performance art, *Rest Is Resistance* is a call to action and manifesto for those who are sleep deprived, searching for justice, and longing to be liberated from the oppressive grip of Grind Culture.

BOOK CLUB IN A BOX | DISCUSSION QUESTIONS

by Dr. Karen W. Tao

1. Tricia Hersey shares many observations about the role of “rest” throughout her life, juxtaposing her experiences with inescapable capitalistic messages that perpetuate “grind culture.” For example, only 17% of U.S. organizations offer paid parental leave and the United States ranks as the 2nd worst country in the number of paid vacation days (~11 days per year). What messages have you received about “rest” from your family, community, and workplaces? How have these messages shaped your sense of well-being and the decisions you’ve made about family, work, and other major life decisions?
2. In the **Let’s Talk** series, parents of children of color (e.g., Annie & Jahn; Weston & Brandon, Jami & Mohamed, Andréa & Roberto) describe the conversations they frequently have with their kids about fostering positive racial identities while also navigating racism. For example, following a racist incident where two white women steal their Black Lives Matter yard sign and call Mohamed the n-word, Jami & Mohamed are forced (again) to revisit the topic of overt racism with their biracial children, how to keep themselves safe, as well as the importance of relying on community allies. In her book, Hersey emphasizes the Collective Responsibility aspect of rest as resistance. How can we extend her ideas to conversations with children about race and racism – including encouraging ALL families to take responsibility for challenging and dismantling racist structures?
3. Hersey brings up numerous examples of how American capitalist ideologies such as, “we should all just pull ourselves up by the bootstraps,” and meritocracy (e.g., “if people work hard enough, they can achieve any level of success”) influence the way you understand peoples’ life outcomes? Given statistics on the racial inequity in the distribution of wealth, access to gainful employment, affordable housing, quality education and healthcare etc., how do these common American ideologies (mis)align with the ideas Hersey is trying to promote?
4. Hersey’s work invites individuals to “reimagine systems and pursue justice.” Our country’s racial reckoning and COVID-19 have exposed the deep-rooted flaws and inequities within existing systems. She suggests rest can provide the mental, emotional, and physical space necessary for creativity, reflection, and the capacity to develop systems that better serve marginalized communities. Given the roles you hold within your community or organizations, what would be some of your first steps in (a) engaging in rest, (b) cultivating imagination, and (c) working with others to build equitable systems?
5. Over three decades ago, Dr. Arline Geronimus coined the term “weathering” to describe the toll of systemic racism, socioeconomic inequality, and other forms of societal discrimination on racially and economically marginalized individuals. The outcomes of chronic stress related to racism, classism, and sexism has been especially pronounced for Black women during their reproductive years; exposure to these stressors have significant physiological impact on Black women’s bodies. For example, the mortality rate for Black mothers during childbirth is 3x higher than white women, accounting for education and socioeconomic status. How does Hersey’s perspective on Reclaiming Agency and Well-Being contribute to addressing these racial and disparities in maternal health?
6. Hersey illuminates the wisdom of our ancestors and their understanding of rest as a means of survival and resilience. Several parents in Let’s Talk also emphasize the power of sharing empowering stories of marginalized communities and individuals throughout history to help their children understand the ongoing struggle of societal inequities. What are some ways you can imagine facilitating conversations in your own family about learning about the legacy of resistance you are a part of to enhance social consciousness and resilience?
7. Throughout *Rest as Resistance*, Hersey invites readers to challenge the culture of productivity and embrace rest as a form of self-preservation. How can we apply this mindset to our discussions and activism about racial justice? How do we prioritize rest and self-care while

BOOK CLUB IN A BOX | SCHOLAR BIO

also actively engaging in the work of dismantling social inequities? Name three emotional, psychological, and bodily cues that signal a need for rest. Then, identify activities that refuel and restore you. Note similarities and differences with your Book Club members. (Note: These activities do not need to involve money or too much extra time).

8. **Let's Talk** highlights the power of personal narratives and storytelling in fostering empathy and understanding. How can we incorporate storytelling into our discussions about race, inspired by the emphasis on rest and resistance? How can we use personal stories to connect with others' experiences and build bridges of empathy? How can self-reflection on our own privilege and biases help us foster a deeper understanding of the experiences of marginalized communities?

9. U.S. Surgeon General Dr. Vivek H. Murthy recently published "The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community," (2023) which declares loneliness to be a national epidemic and a need for our country to address this

public health crisis. Several of Hersey's recommendations for Community of Care aligns with Dr. Murthy's national strategy. Consider the following quote and discuss your ideas for cultivating a Community of Care.

"We imagine by being in community. We imagine by receiving and offering radical care. We imagine by embracing and running toward our interconnectedness. Individualism is leading us to the path of exhausting and death. Community care will save us, and we can dream up all the ways to manifest and strategize the care of communities." (p. 188)

10. Sleep serves as a restorative process, allowing our bodies and minds to heal, repair, and rejuvenate. It is a time for our bodies to replenish energy, consolidate memories, and support optimal cognitive functioning. How do you explain the disconnect between what we know about sleep [consider how much adults prioritize baby and toddler nap/bedtime for the health functioning and well-being of the entire family system] and our culture of sleep deprivation? What are ways you can resist against the messages that devalue rest?



DR. KAREN W. TAO

Karen W. Tao is a licensed psychologist, organizational consultant, and associate professor at the University of Utah. She is a community-engaged scholar who teaches, conducts, research, and facilitates workshops with a commitment to reduce disparities in the access and quality of mental health, health, and education for historically marginalized groups. She is especially interested in how people negotiate conversations about difference and culture as well as why multicultural competence matters.

In 2020, Karen collaborated with PBS Utah to produce a digital series, "Let's Talk," which won the 2020 National Educational Telecommunication Association Awards – Best Use of Digital Media. As the host of this series, she met with parents to discuss how to talk with kids about race, racism, and cultural differences. Let's Talk is a seven-episode digital series available at pbsutah.org/letstalk. Karen lives in Salt Lake City with her husband Zac, their children, Jiajia and Lulu, and goldendoodle, Hilo.

BOOK CLUB IN A BOX

NAINAI AND YEYE'S SCALLION PANCAKES*

One of my favorite childhood memories is gathering in my family's kitchen to make cōngyóubǐng — scallion pancakes. As we kneaded, rolled, and diced, we would *talk story* — what people from Hawaii call reminiscing about old times. Talking story with the delicious aroma of flour, garlic, and green onion, and sizzling sounds of the cōngyóubǐng was the perfect weekend activity. Today, three generations circle around the kitchen counter in Hilo, Hawaii every summer. Nainai (grandma) and Yeye (grandpa) regale us with memories of growing up in China, their time in Taiwan, and early years in the U.S. My kids ask Yeye and Nainai lots of questions and practice a few Mandarin words. They revel in the floury mess and compete to see how many pancakes they can fit into their bellies. I still do too.



INGREDIENTS

3 cups all-purpose flour
1.25 cup warm water
2 cups of finely chopped scallion
1.5 cup canola oil
garlic salt to taste

Makes six 6" pancakes

DIRECTIONS

- Pour flour into a big mixing bowl and add warm water slowly as you mix it with a spatula. Continue to mix until the water has been fully absorbed. Add tablespoon of water at a time if needed. Begin to knead the dough by hand. If the dough sticks to hands, add more flour a little at a time. Knead for about 10 minutes until smooth. Shape the dough into a large ball, oil surface and cover the dough with plastic wrap. Let the dough Rest for at least 30 minutes.
- While dough is Resting, create some countertop space (or large cutting board) and sprinkle flour on surface. You will be rolling out the dough on this surface.
- Divide the dough into 6 equal parts. Shape each part into a ball. Flatten the ball with your palm.
- Roll out the dough until it becomes a thin circle. Brush a thin layer of oil on the dough, then sprinkle lightly and evenly with garlic salt to taste. Then generously spread chopped scallions on top.
- Roll the pancake tightly into a long roll. Hold both ends of the roll and turn both inward to form a spiral. When ends meet in the middle, put one side on top of the other. Flatten it gently until it is approximately 8 inches in diameter.
- Heat a non-stick pan with 1 tablespoon of oil on medium heat. When the oil is hot, place the pancake on the pan and cook each side for about 3 minutes (or until it is crispy and golden brown). Make sure to watch the pancake so it does not burn.
- Cut the pancake into 4 equal pieces and serve right away. It's best when crispy and fresh!
- Repeat the steps for the other 5 pancakes.
- *If you have a recipe that evokes self-care and an opportunity to talk story, I invite you to make a different dish with your Book Club.