



## Self-Care for Activists

Thank you to our guest speakers:

- Lennora Esi
- Andrea Oakunsheyld
- Deborah Loren (narrator)

### References

**In the Tiger's Mouth: An Empowerment Guide for Social Action**, Katrina Shields, New Society Publishers, 1994

**Caring for you so you can care for others (Amnesty Australia)**

<https://www.amnesty.org.au/wp-content/uploads/2017/08/Caring-for-you-so-you-can-care-for-others-1.pdf>

**Staying resilient while trying to save the world (Amnesty fanzine)**

<https://www.amnesty.org/download/Documents/AMR0122732020ENGLISH.PDF>

**Sustaining Self-Care: a tool for personal awareness**

[https://www.trainingforchange.org/training\\_tools/sustaining-self-care-a-tool-for-personal-awareness/](https://www.trainingforchange.org/training_tools/sustaining-self-care-a-tool-for-personal-awareness/)

### Additional selected resources

**Beautiful Trouble – Principle: pace yourself**

<https://beautifultrouble.org/principle/pace-yourself/>

**How to cope with traumatic news, an illustrated guide**

<https://www.abc.net.au/news/2014-12-23/illustrated-guide-cope-traumatic-news/5985104>

### **How to fight activist burnout**

<https://nowtoronto.com/stage/theatre/activist-burnout-syrus-marcus-ware/>

### **Preventing Burnout with Boundaries (podcast)**

<https://share.transistor.fm/s/a1d37898>

### **Nine self-care reminders for the over-committed activist**

<https://rabble.ca/news/2013/01/nine-self-care-reminders-over-committed-activist>

### **We can't slow down: combatting activist burnout**

<https://www.tvo.org/article/we-cant-slow-down-combatting-activist-burnout>

## **Learn more about mental health**

### **Mental Health First Aid Canada**

<https://www.mhfa.ca/>

### **Red Cross Psychological First Aid**

<https://www.redcross.ca/training-and-certification/course-descriptions/psychological-first-aid>

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