

MENTAL HEALTH & WELL-BEING FOR ACTIVISTS

rest for
resistance

Rest for Resistance

<https://restforresistance.com/read>

RADICAL  HEALING

Radical Healing

<http://www.radicalhealing.us/>

Activist Self-Care Work Book to Avoid Burn Out

[https://frontlineaids.org/wp-content/uploads/old_site/self_care_workbook_\(webready\)_original.pdf?1532089391](https://frontlineaids.org/wp-content/uploads/old_site/self_care_workbook_(webready)_original.pdf?1532089391)

Protecting Yourself from Vicarious Trauma

<https://www.amnesty.org/en/latest/news/2019/02/how-activists-and-reporters-can-protect-themselves-from-secondary-trauma/>

4 Social Justice Activists and Self Care

<https://www.wellandgood.com/self-care-for-activists/>