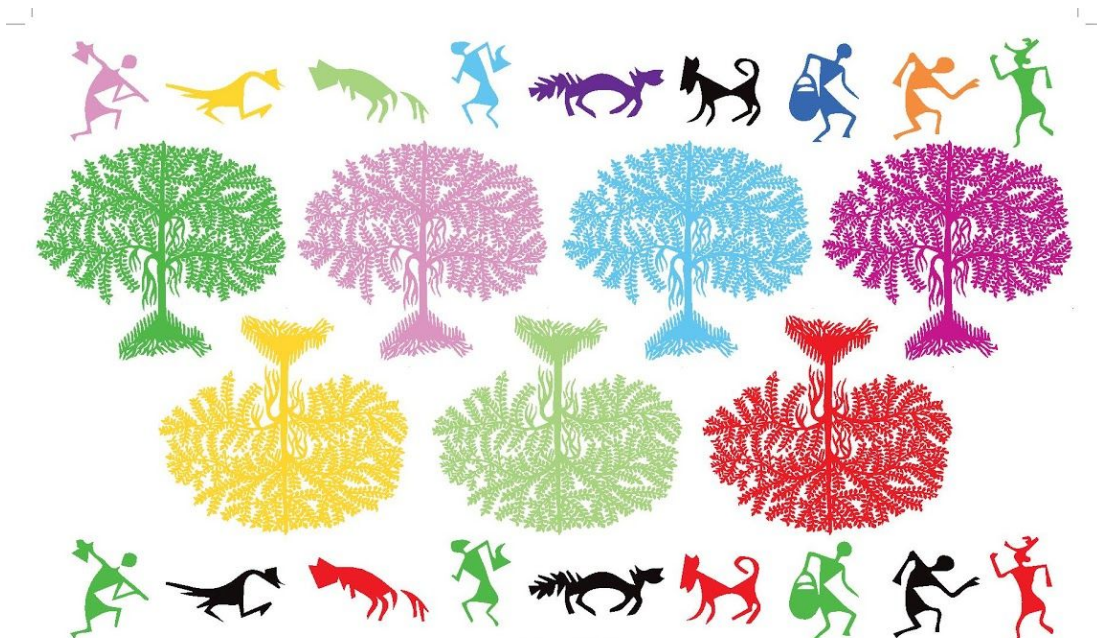


Post-Action Wellbeing and Resilience

This Collection of resources is our humble attempt to offer some guidance for local wellbeing coordinator and regenerative culture aficionados to help them support the rebels/conscientious protectors in their affinity/local/working groups in the aftermath of an action or protest.



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Introduction

In producing this document we are grateful to all those who challenge the norms of society because their heart is screaming that something more beautiful and heart-centred is possible. We are grateful to all the intelligence and efforts of countless individuals upon whose shoulders we stand. We are grateful for this chance to be alive and breathing and the privileged existence that allows us to be compiling this resource for you.

This document builds on the [Wellbeing Bundle for AG Wellbeing Coordinators](#). Please read through the Resilience statement and the Tools and Practices for a Regenerative Culture section at the start of that document before proceeding through this one.

“*[Extinction Rebellion]* offers this document, as well as many others and various ‘signposts’ to other resources, in order to support its members in engaging sustainably and with awareness; however, *[Extinction Rebellion]* has a culture of self-responsibility and ‘doing the inner-work’ and encourages constructive feedback across the board.”

Principles of post-action wellbeing

On the frontline of activism, we are confronted with a dichotomy of feelings: empowerment through solidarity and exercising our political right, amalgamated with the fear of implications and the physiological effects of stress hormones.

The impacts of the events, positive and negative, can have long-lasting and wide reaching effects on the individuals involved. The action doesn't end when you leave the site and go home; there could be social implications with court cases, family or workplace issues. Simultaneously, the emotional journey can unfold in subtle ways. People may feel isolated, alienated or estranged, filled with self doubt or even shame. The extent of the impact may not be apparent in the immediate aftermath of the action, and often can build over time if it is ignored.

This bundle of wellbeing resources has been made for activists to use as a tool for cultivating a warm, regenerative, and preventative culture in the comfort of our own communities.

This may seem like a daunting task to take on as a regenerative culture or wellbeing coordinator - but it doesn't need to be!

We believe that there are simple things that we can all be doing that can have a huge effect on our own wellbeing, and of those around us.

The principles are quite simple, and so are the practices! First and foremost, call on the experiences and skills that you and your local community hold. And if you need a helping hand, XR Regenerative Culture is also developing support at the national level.

Beyond this, there are lovely charities and networks locally and nationally providing support, advice and resources, such as the Climate Psychology Alliance, the Samaritans, Activist Trauma Support, the Work that Reconnects and Hub of Hope. Wholesome guidance from meditation teachers, shamans, trained facilitators, counsellors, nature therapists, and spiritual guides of all denominations is also available at our fingertips.

There's a lot of wisdom and people willing to help out. You are never alone!

We hope this document will be of service to the wellbeing of activists. If you have suggestions for additions or edits, please contact us at XR-LongTermWellbeing@protonmail.com

Action Wellbeing

For resources to support you during an action, please see this set of resources produced by the Action Regen Subgroup - <http://tinyurl.com/XRActionRegen>

Connection Connection Connection

"Whatever affects one directly affects all indirectly."

Martin Luther King

Connection is the foundation of a Regenerative Culture. We live in an interdependent web of life; to connect is the most natural, yet often most forgotten, aspect of what it is to be alive.

"Relationships are key to understand our role in the universe.

*And we do not only refer to intimate relationships,
we are embedded in a relational field,
to be related is the very nature of existence."*

Rumi.

It is essential for us to realise our potential as a species, characterised by our capacity to experience and express kindness, compassion and love in abundance.

Exposure to social, political and environmental injustice can change how we experience and think about the world. These contradictions can disconnect us from what we before considered normal, our support networks and our previous sources of connection. This can change every aspect of our lives, our perceptions and the way we form and manage relationships. Healing from this trauma takes time. Re-discovering safe ways to reconnect, seeking comfort and solace in our community and developing support networks around us can support us in our journey to healing.

Disconnection, alienation and separation are common experiences in the current system, often leading to interpersonal and interspecies aggression, misunderstanding and suffering. They are the product of and a symptom of a degenerative culture.

The exciting news is that we have the power to transform these experiences as they are wholly unnecessary.

"Whoever you are, no matter how lonely,

*the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting —
over and over announcing your place
in the family of things.”*

[Wild Geese](#) by Mary Oliver

We are all dancing in a web of interdependence - you are never alone! Whether it's the air that you're breathing or the friends you are loving, we are surrounded by constant reminders that we are part of something bigger.

The most beautiful experience of reality is when you start to connect to this deep natural truth.

Most of the offerings in this document are tips and tricks to help us connect in four different ways:

- Connecting to your body and how you are feeling
- Connecting to your own values
- Connecting to each other
- Connecting to nature

Expanding Circles of Support

We are cultivating a culture in which we explore and empower our inner and collective resourcefulness and wisdom to be able to support ourselves and each other. This is through creating experiences of connection and safe spaces in which to express ourselves and be heard and held.

We hope to provide resources to support our XR siblings on this journey.

This is not what you *should* be doing, but rather guidelines to support you when you need it. You are free to support yourself and the beautiful people around you in whatever way you think is appropriate and most natural, given your own wisdom and capabilities.

The expanding circles of support are:

- 1) You - *Find and do what nourishes you!*
- 2) Your buddy - *Turn to a buddy, support each other*
- 3) Your local/affinity/working group - *connecting as a community*
- 4) Local trained support - *calling on experience for training*
- 5) XR National Regen Culture - *support groups, guidelines, trainings to support buddies, local regen groups and individual activists*

Actively Listen - Don't fix

Someone (we can't remember who) said there are 4 types of listening:

- *distracted*
- *self-referential*
- *fix-it*
- *transformative/active*

When someone is disclosing difficulties they're facing, the temptation can be to impose our own beliefs and solutions. However, fixing problems for others can make them feel incapable and disempowered. Encouraging co-dependence is not conducive to empowerment.

Try transformative/active listening and explore where this can take you.

The basis of this is to restrict your input as the listener and facilitate the other person to explore the situation or issue themselves. Through this we facilitate for the person speaking a deep trust in their own capacity to understand their life and process their suffering in a way which is culturally relevant to them. We each have an inner well of wisdom and facilitating someone to turn towards it is a gift.

Facilitating talking circles creates space to enable safe expression of difficulties, creates personal and collective awareness, supportive connection, and allows individuals and groups to respond appropriately to their needs.

Start and End with Gratitude

"Gratitude is the healthiest of all human emotions.

The more you express gratitude for what you have, the more likely you will have even more to express gratitude for."

Zig Ziglar

Being grateful roots anything we do in an awareness of interconnectedness to all the causes and efforts that preceded us. Gratitude is a humbling process that helps us both diminish the limitations of our limited self and understand ourselves as the product of something bigger.

It's a lovely practice that reaps benefits from the moment you do it.

Some people keep diaries or photo journals, or just a few moments of silent or vocal reflection at the start and end of every day.

Many traditions promote this form of wisdom.



This is a dark time, filled with suffering and uncertainty. Like living cells in a larger body, it is natural that we feel the trauma of our world. So don't be afraid of the anguish you feel, or the anger or fear, because these responses arise from the depth of your caring and the truth of your interconnectedness with all beings.

— Joanna Macy —

AZ QUOTES

Post-Action Wellbeing

Zone 0.0 - take care of yourself

Find what nourishes you; do what nourishes you.

*“Keep squeezing drops of the Sun
From your prayers and work and music
And from your companions' beautiful laughter.*

*Keep squeezing drops of the Sun
From the sacred hands and glance of your Beloved
And, my dear,
From the most insignificant movements
Of your own holy body.”
Hafiz*

Notice what depletes you; try to find a healthy relationship to that.

*“Learn to recognize the counterfeit coins
That may buy you just a moment of pleasure,
But then drag you for days
Like a broken man
Behind a farting camel.”*

[Cast all your votes for dancing, by Hafiz](#)

tap into that is an act of empowerment.

“Listening is an art that requires attention over talent, spirit over ego, others over self.”

Dean Jackson

Our suggestion is to create safe environments that facilitate expression, let people be heard and held in loving company and foster connection.

For more information:

- [Active listening skills](#) (from Seeds of Change)
- [The 4 types of listening \(page 3\) and some tips and tricks on the enquiry process](#)

Debrief! Debrief! Debrief!

Check-ins and debriefs are crucial, yet often omitted in the rush of an action or its aftermath.

It can be beneficial to take a moment to ground yourselves, come together as a group and create a safe and caring atmosphere (despite the external environment) and enquire:

- How am I right now?
- What do I need?
- How are we as a group?
- How can I support the health of this group?

Create a space for a formal check-in and debrief process where we actively listen, really check in with ourselves, process what has happened and reflect. The most effective debriefs allows each person to have a voice in equal measure.

We advise:

- Check ins during or immediately after an action → [Guidelines](#)
- Debrief 1-3 days after an action → [Guidelines](#)
- Ongoing talking circles/reflective spaces → [Guidelines](#)

As stated before, the impact of an event may not be initially apparent and can build up if not expressed and responded to. At a protest or action we are surrounded by fellow rebels and activists that support and agree with our actions. However, on re

Don't be afraid to ask for help.

If in doubt, find something green and get close to it with all your senses. Breathe it in.

Connect to your deeper/higher philosophical, moral and spiritual understandings

Everyone has their own path. Some inspirations, considerations, texts and words from wise folk that might support you to ponder can be found [here](#), compiled by some kind and wise rebels.

You could also try this practice: [Connecting with your heart intelligence - a guide for rebels](#)

Keep in touch with your buddy

Why have a buddy?

Well, it's just nice, isn't it. :-)

At different times, you and your buddy might have different energies that might support each other. You may have shared or different experiences, skills and networks to call upon.

Having a buddy (or two) shares our responsibility for each other's wellbeing as widely as possible so that we don't get into situations where only a few people are caring for many.

Two Buddies are better than one

Coming out of an action, you should have a buddy within the affinity group for your actions.

It is really useful to keep in touch with your 'Action Buddy' because you will both be going through similar circumstances - you have a shared experience, emotional journey and connection that no words to anyone else will fully replicate. So stay in touch and support each other as best you can.

It could also be an idea to have a buddy who was not at the same action as you; they may not even be part of Extinction Rebellion.

Why? Well, if you were part of the same action you may get into situations where you disagree about some interpretations of events and decisions that were made during the action. It is useful for these to arise and be processed in a constructive manner (if you are struggling, [contact the Conflict Resilience Team](#)); however, it may compromise your shared capacity to support each other's wellbeing. A buddy who is independent of the action is more likely to be able to listen actively and respond empathetically with a better understanding of their buddy's needs.

Also, if both buddies are involved in an action that has left them feeling particularly depleted or involved arrest, with all that it entails, they may not be best suited to support each other.

Finally, your action buddy may not be local to you and so it could be harder to meet up and have a full-bandwidth connection.

Having two buddies allows for a better coverage of any individual's needs.

Tips and tricks for Buddy support

- Make an informal buddy contract. Include, for example, how often you will meet up/talk (when feeling stressed or burnt out, people commonly reduce communication and interaction and can become increasingly isolated, so it can be helpful to plan meeting up/talking before this happens).
- Write out *'How my buddy can recognise when im not feeling so good'* and *'What my buddy can do to support me when I'm not feeling so good'* in a joint exercise.
- Write down what nourishes you and share that with each other.
- Help each other do those things that you know are good for you but that are just so easy not to do (like take breaks or go for walks).
- Spend time actively listening to each other. See what it's like to surrender your own personal agenda and just be present for your buddy. If you do it for them, you may find they naturally do it for you.
- Consider if you and/or your buddy would benefit from XR Land and Respite (see below for more information).

If you are having difficulty, turn to local support from you affinity group or regional regen culture hub. Extinction Rebellion will also be hosting weekly online Zoom chats to support buddies and wellbeing coordinators.

Local, Affinity and Working Groups

Talking circles and safe spaces for reflection

Tips for creating talking circles and safe spaces for reflection:

- Create a safe space with nice food in a comfortable environment.
- Cultivate a space to listen, be heard, be held, and to connect.
- Try to avoid fixing and self-referential language.
- As a facilitator, be aware of your boundaries and personal limitations - it may be more sustainable to encourage people to work to empower buddy relationships rather than personally take on the emotional load of a large group of people.

Group Activities

It's easy to neglect your own nourishing activities, but there is strength in groups - tap into your shared experience and skills and have some organised fun. It's not fun unless it's organised! :D

A few ideas:

- Encourage each other to **connect to nature** - organise group walks, gardening, stewardship; visit local permaculture or organic farms and community gardens; do a litter pick; grow a herb garden or chip in for a shared allotment. Do some simple Shinrin Yoku, aka [forest bathing](#) (check it out, it's surprisingly accessible yet powerful). Also see Land and Respite below.
- Engage in **wholesome movements** - exercise, go on group runs, dance or practice the physical elements of yoga and tai-chi.
- **Horizontal learning** - map out the skills of your team and then take it in turns to run workshops sharing skills and knowledge.
- Organise a **jam night**.
- **Meditate**, if it helps you to connect with yourself or others. Find a teacher or guide where possible. If you are feeling emotionally instable or stressed an active meditation such as mindful movements can be better for grounding
- Have regular **pot-luck meals**.

Make the most of XR Land and Respite (see below): scores of people with homes and land across the country have offered to host activists to help them reconnect, rest and regenerate.

Collectively Connecting to Deeper Values

A lot of our work in Extinction Rebellion is at the practical and logistical level, and despite weeks or months of working alongside each other we may not have communicated with each other at the level of our deep motivations and life force.

We mentioned connecting to your own deeper values, but there's something powerful about getting to that space alongside others in a group. That power is palpable regardless of whether or not you communicate to each other your values and vision.

There are bound to be variations and differences in the ways we articulate or experience those values, but that doesn't detract from the benefit. Feeling that others support, are inspired by, and love you for your intentions can have a great impact on our resilience and ability to withstand the psychological impact of being ideologically divergent from the dominant 'culture'.

So how do you do this?

You could start with this practice: [Connecting with your heart intelligence - a guide for rebels](#). Or start a reading/discussion group: for inspiration, see [this document](#) produced by rebels.

We are developing a rough framework for running a collective visioning ceremony. Watch this space!

Local and Regional Support Networks

Start local or regional spaces to share personal experiences as a supporter, collectively respond to the needs that you notice arising, and provide trainings, such as how to facilitate talking circles, visioning exercises, active listening, burnout prevention, or other workshops and activities you have found useful.

With your consent, we can publicise these on the XR website for others to replicate and benefit from. Email us on XR-LongtermWellbeing@protonmail.com to be added to the [Local Regen Hub on Basecamp](#), where we can stay connected to each other.

Regional Regenerative Culture Hubs

Get together with a few local groups and see how you can collaborate as a region. If you don't have what you need locally, your neighbours might.

If you know of, or create, a Regional Regen Culture Hub, please let us know and we will help activists find you.

National Regenerative Culture Hubs

Existing weekly Zoom (i.e., online) conversations:

- Local Wellbeing Hub - a space for anyone interested in regen culture to come and discuss ideas or seek support for issues arising locally.
- Online debrief and talking circles - safe and supportive spaces to share anything that is arising in your experience (for more information, see this [Facebook event page](#))
- Online trainings.

For up to date information on online Zoom talking circles and trainings, join the Regenerative Culture Basecamp (for all things regen culture) as well as the Local Regen Hub (for local wellbeing coordinators). Email us on XR-LongtermWellbeing@protonmail.com to be added to the groups.

Trained Emotional Support Network (TESN)

What is TESN?

TESN is a collective of professionals with experience in supporting people through an emotional, psychological or spiritual process. They have volunteered to offer their time, skills and experience to support activists, and also feel a shared sense of responsibility for saving the earth!

How does it work?

TESN can provide small group and one to one sessions when other buddy, affinity group, working group or mutual support has not felt enough. TESN offer compassionate and non-judgemental spaces to facilitate individuals in processing their experiences and express themselves.

If you are a local group and would like to learn more about how to access this support, please email XR-Regen-TESN@protonmail.com.

Are you a trained therapist, counsellor, or facilitator?

We are looking for experienced therapists, counsellors and facilitators to train local groups on best practices; counsel and advise local wellbeing coordinators; and, if possible, hold debriefs, talking circles and provide one to one support.

If you have the skills and experiences required and would like more information on how to support activists, please read this [document](#) for further information and email XR-Regen-TESN@protonmail.com

Specific Areas of Support

Children and Young People

If you are interested in promoting regenerative culture amongst children and young people, we will be putting some resources in this space in the next few weeks.

XR Youth have a regenerative culture team who you can contact for more support and ideas. Their email address is XYouth.Regen@gmail.com

Safeguarding

XR recognise in their safeguarding policy that:

- Children and young people should never experience abuse of any kind.
- We have a responsibility to promote the welfare of all children and young people, to
- keep them safe and to work in a way that protects them.
- The welfare of the child is priority.
- All children, regardless of age, disability, gender, race, religion or belief, sex, or sexual orientation have a right to equal protection from all types of harm or abuse.
- Some children are more vulnerable because of the impact of previous experiences, their level of dependency, communication needs or other issues.
- Working in partnership with children, young people, their parents, carers and other agencies is essential in promoting young people's welfare.

It is **everybody's responsibility** to safeguard children and vulnerable adults. If you see something that worries you, trust your instincts and report it immediately to our safeguarding lead by emailing XR-Safeguarding@protonmail.com who will ensure the information is acted upon quickly and sensitively according to XR's safeguarding policy.

Before communicating with the young person or vulnerable adult:

- 1) Make sure that you are in a public space with other people present to witness the disclosure of information.
- 2) Inform them that you may have to talk to someone else (i.e., the safeguarding lead) about what they tell you.

Alongside reporting to the safeguarding lead, you can find more information concerning the welfare of children from the following organisations:

NSPCC

Helpline: 0808 800 5000

Website: [nspcc.org.uk](https://www.nspcc.org.uk)

Childline

Helpline: 0800 1111

Website: [childline.org.uk](https://www.childline.org.uk)

Remember, report safeguarding issues to XR-Safeguarding@protonmail.com

Conflict Resilience

Conflict is inevitable.

“Conflict is only dangerous when we try to get away from it”

Dominic Barter

Conflict is information that hasn't yet been understood, heard or integrated within a community. It holds the 'treasure' of creativity and connection that can only be discovered through disagreement.

XR is reaching for community strategies for engaging with conflict. A restorative system offers a chance to bring people together in dialogue, deepening community understanding, connection and resilience.

For support, please reach out to xr.conflict.resilience.uk@gmail.com

Conflict resolution resources

- [Restorative systems for XR communities & groups](#)
- [XR Conflict Resilience and Restorative Systems Facebook group](#)

Land and Respite

We are excited to offer rebels a safe place to rest and reconnect through our land and respite programme.

We welcome individuals and groups to enlist interest in being placed at locations all over the country to stay at hosts homes or camp on available land, either alone or with their fellow rebels.

Please email GailePermie@gmail.com to find out more about what's on offer and we will assist you with becoming connected with the land or home that's the best fit for you.

Burn-out

“Try to remember that taking care of ourselves in the emotional and physical sense is a revolutionary act. The world can be a really sick place, and we need to care for ourselves in ways we were never taught we'd have to.”

Kim Christoffel

We can look at burnout as a warning sign, an opportunity to re-evaluate and reprioritise, to develop more regenerative and healthy ways of engaging in the world. As infamous 1960's psychiatrist R.D. Laing said *“It doesn't have to be all breakdown, it can also be breakthrough.”*

“Burnout is defined, and subjectively experienced, as a state of physical, emotional and mental exhaustion caused by long-term involvement in situations that are emotionally demanding. The emotional demands are often caused by a combination of very high expectations and chronic situational stresses. Burnout is accompanied by an array of symptoms including physical depletion, feelings of helplessness and hopelessness, disillusionment and the development of negative self-concept and negative attitudes towards work, people and life itself. In its extreme form, burnout represents a breaking point beyond which the ability to cope with the environment is severely hampered.” (from *Burnout, Causes and Cures* (1998) by Ayala Pines and Elliot Aronson).

Our commitments need regular review and pruning to prevent overload. Ensuring you take regular time-off, before and after big actions, aiming for a balance that is right for you.

Long-term involvement in emotionally demanding situations is easier to cope with when you have a way of being with and processing the emotional states that the situations evoke. Buddies, affinity group support, talking circles, and other ways we can resource ourselves - exercise, time-out, nature, mediation, yoga, spending time with loved ones, etc. - can all support.

Recognize that self-care is not selfish and does not need to detract from your activism. Finding effective ways to manage stress and improve your efficacy will make you a better activist and will increase the longevity of your activism.

Please read more about burn out here. [Link is missing] Also see: [Sixteen tips for avoiding climate burnout](#)
For more information on sustainable activism and how to avoid burning out, see [here](#).

A beautiful model of a naturally regenerative system is a forest. We can think of ourselves as the individual trees within a wider system of [trees](#). Think about:

- Your roots - Is your root system broad and deep enough to give you stability under pressure and to access the resources you need? What nourishes you? How grounded do you feel?
- Your trunk - Are your core approaches to life and work giving you flexible strength?
- Your branches - Do your outputs feel in balance with the roots and trunk below; or are you over-extended or under-stretched? What about your fruits?
- Composting - Are you able to let go of what's no longer needed?

Post-Arrest

In terms of emotional wellbeing, arrestees need the same types of care that has been suggested already, but it's even more important. Being arrested is rife with challenges no matter what your privilege in society, from employment difficulties, financial strain, time commitment due to appointments and paperwork.

It may also be useful to sit with your buddy and keep them up to date with important dates and processes so that they can pay particular attention when it is required.

For more information, see [XR Arrestee support and structures briefing document](#).

For comprehensive legal information from Extinction Rebellion see [here](#).

Logistics of what to do after police conflict, at home and in court, see [Coping with Police Brutality](#) (from Activist Trauma Support)

Acute Emotional Distress

There may be times when someone appears so distressed that you might feel worried, uncomfortable or unsure as to what is needed. Make gentle contact, checking if the person needs to talk with someone or be offered some non-invasive physical contact, or to be sat with quietly. There may be a quiet place they can be supported to sit, given water, maybe be helped to name what is happening in the body and in their thinking to bring awareness of the air around them, the ground under their feet, their immediate environment.

Simply being present to another when they are experiencing acute emotional distress, focusing on your own felt experience, grounding, regulation of breath and maintaining eye-contact can all radically support another by co-regulating your nervous systems. Validation and presence and reminding people that their XR actions are valuable, whilst also supporting them to recognise their own boundaries and limitations and supporting them to take a break if they need to, are helpful.

Often, expressions of emotional distress are a manifestation of grief, and understanding it as this can open up new possibilities for our relationship with the totality of our emotions.

There is no need to ask lots of questions concerning what happened; gauge the energy of the person you're supporting, and ask them what would help them to feel less distressed. You don't need to baby the person, but to support them in taking their own method to regain a sense of control.

The person may be in some level of shock or dazedness. In this situation they may not realise they're not in safe surroundings, therefore support them in feeling safe. Watch for signs of internal damage that may not be visibly due to the person's adrenalin or shock. Be mindful of things you can do to restore their sense of dignity and humanity. In this context, active listening is important. It is important to reassure the person that what they are feeling is normal, that traumatic reactions are normal in response to the types of events that no-one should have to go through, and that it isn't a sign of going mad or of being weak and unable to fight for the cause. Be cautious of your language and do not brush off their feelings and reactions by saying, for example, 'cheer up' or 'pull yourself together'. When offering your own experience in similar situations, don't assume that your reactions to your experience can speak for what the person besides you is experiencing now, nor that what worked for you will necessarily work for them (see active the listening section above for further details).

Broken-heartedness and the skill of grief

We have grown up in a grief-illiterate world and it asks much of us to re-welcome the lived emotions and actions of everything we are so deeply affected by. Finding ways of being grief struck in the face of what we hear and see as 'normal', though perhaps unusual in our culture, is a needed skill to cultivate in these troubled times. For more information, support and events, see:

- [The Aching Heart Movement; grief in the wake of XR Declaration Day](#)
- [The skill of brokenheartedness in the wake of XR](#) (online calls)
- Work that Reconnects/*Active Hope* by Joanna Macy has some really great advice and processes to explore grief and, in fact, sees it as a necessary part of our activism.

What can you do if you're concerned about someone being suicidal?

Suicide is not the only way out. XR recognises that the current health system is broken. It doesn't have the resources to support those experiencing acute distress or trauma.

“If you don't create the system you want – you get the one society gives you”

Dominic Barter

XR is reaching to support those experiencing acute distress or trauma in a different way. Calling for an ambulance or the police is an absolute last resort. We recognise that we all belong to the same community

and that a community response is needed in response to a person struggling. This provides everyone with the support needed to hold whatever may arise and respond to whatever may be needed.

<https://www.livingworks.net/>

Ideas for Activities, Training and Workshops

Connect to the land!

- See info about the XR Land and Respite programme (details in previous section)
- Find local permaculture farms
- Arrange a litter pick
- Volunteer with the local wildlife trust or community garden

The Work that Reconnects

“The Work That Reconnects (WTR) is a workshop series that explores how to evoke creative, compassionate and transformational responses to the ecological crises of our time”

“The central purpose of the Work that Reconnects is to help people uncover and experience their innate connections with each other and with the systemic, self-healing powers of the web of life, so that they may be enlivened and motivated to play their part in creating a sustainable civilization.” –Joanna Macy

XR Regen Culture has its own WTR team that is looking to provide workshops and trainings for trainers. If this is something you would like to explore with your local or regional group, please contact

fiona.ellis18@gmail.com

Also contact us if you are already a trained or training facilitator.

Workshop/Training Hub

Under development

