

SELF AND COLLECTIVE CARE TOOLBOX



A BEAUTIFUL HEAVY AFRICAN SUMMER DOWNPOUR ON SUNDAY NIGHT FOLLOWED BY INTENSELY BEAUTIFUL SUNSHINE ON MONDAY MORNING KEEPS ME GOING ALL WEEK!

Everjoice J. Win

I. MAKING THE CASE FOR SELF AND COLLECTIVE CARE

SOURCE

* ACADEMIC ARTICLE	"Mental Health Functioning in the Human Rights Field: Findings from an International Internet-Based Survey" Amy Joscelyne, Sarah Knuckey, Margaret L. Satterthwaite, Richard A. Bryant, Meng Li, Meng Qian, Adam D. Brow This is an open access article distributed under the terms of the Creative Commons Attribution License. Taken from Resources for Resilience website.	Link
* E-BOOK	"What's the Point of Revolution if We Can't Dance?" by Jane Barry, Jelena Djordjevic , Urgent Action Fund, 2008. Book about the experiences of more than 100 activists from around the world. Their fears. Hopes. Exhaustion. Exaltation. Grief and pleasure. Pain and loss and wicked black humour. Spirituality. Funding crunches. Backbiting and burnout. Self-worth, desire, selfishness, and selflessness. Available in English, French, Spanish. Take from Urgent Action Fund website.	Link
* ACADEMIC ARTICLE	"Self-care as a Political Strategy" Ana María Hernández Cárdenas and Nallely Guadalupe Tello Méndez, SUR International Journal on Human Rights, 26 (2017) This article by the Mesoamerican Initiative of Women Human Rights Defenders (IM-Defensoras) and the Consortium for Parliamentary Dialogue and Equity Oaxaca, AC (Consorcio para el Diálogo Parlamentario y la Equidad Oaxaca), a member of the IM-Defensoras' Steering Committee, reflects on how the network has promoted self-care and collective care within the women human rights defenders that they work with. Taken from the Resources for Resilience website.	Link
* PODCAST SERIES	Healing Justice. Enter Healing Justice Podcast: an audio project to democratize access to inspiring stories, leaders, and practices to support our liberation. A story-mapping of the experiments of courageous and soulful change efforts thriving worldwide, sowing connection between us to build more of the deeply committed community we long for.	Link
* PODCAST SERIES	"Sanar" by Luchadoras This one is a series of videos and conversations with women who participate in spaces meant to sustain them and heal. It is based in Mexico and in a way provides resources to know about these for those women who are looking. Available in English and Spanish.	Link
* ARTICLE	"The Personal Is Political: Where Did This Slogan of the Women's Movement Come From? What Does It Mean?" by Linda Napikoski, Thought.Co, Dec. 2017.	Link

II. HOW ARE WE PROMOTING SELF AND COLLECTIVE CARE IN OUR MOVEMENTS? WHAT CAN WE LEARN FROM OUR SISTERS?

* ARTICLE	"Collective care in human rights funding: a political stand" Meerim Ilyas & Tatiana Cordero Velásquez, Openglobalrights.org, May 2017. To support the activists and groups that we fund, donors must engage in honest conversations around our own burnout and ethics. Available in Arabic, Spanish, Portuguese	Link
* WEBSITE	Move to End Violence	Link
* WEBSITE	África Feminist Forum website (resources page)	Link
* WEBSITE	Website - GBV Network website (building connections section)	Link
* WEBINAR	"Self-Care and Collective Wellbeing" AWID On 22 August 2016 the Black Feminisms Forum and the Advisory Group on Wellbeing co-hosted a webinar on self-care, collective wellbeing, joy and pleasure as integral components in our struggles for rights and justice. Taken from AWID website.	Link
* LIST OF WORKING PRINCIPLES	"Practicing Individual and Collective Self-Care at FRIDA" FRIDA The Young Feminist Fund (2016) FRIDA has great resources for self and collective care both for its team and for its grantees. It considers self and collective care to be an essential part of the feminist political strategy to ensure the sustainability of the feminist movement. This list contains working principles for young feminists who work in high pressure environments, to ensure that they maintain a healthy work-life balance, and to foster resilience, but is also useful for all non-profit organizations.	Link
* BOOK	"Feminist Leadership for Social Transformation: Clearing the Conceptual Cloud" (2011) Srilatha Batliwala. Taken from CREA Website	Link

III. WHAT ARE THE SIGNS THAT WE ARE PASSING OUR LIMITS?

* ARTICLE	"Five Myths that Perpetuate Burnout Across Nonprofits" Ann-Sophie Morrisette, Stanford Social Innovation Review (2016) Taken from Resources for Resilience website	Link
* ARTICLE	"Activist Burnout Is Real – And You Probably Need to Read These 4 Ways to Manage It" by Aliya Khan Everyday Feminism May 27, 2015	Link
* WEBPAGE	"Sustainable Activism & Avoiding Burn out" Activist Trauma Support Activist Trauma Support formed in 2004 in the UK, due to a recognition of the potential for people involved in political activism to have distressing or traumatic experiences. Over the following decade, ATS ran Wellbeing Spaces at a number of large convergences like G8 and Climate Camps, facilitated workshops at many gatherings, supported individuals by telephone as well as face-to-face, produced the literature available on this site and collaborated with groups doing similar work in other countries. The initial focus on post-traumatic stress widened to include burnout when this too was observed to be a problem in activist groups and grassroots campaigns.	Link

IV. TOOLS FOR REFLECTION AND ACTION

* TOOLKIT	"21-Day Self-Care Challenge Packet" , Move to End Violence. The 21-Day Challenge helps build a powerful community of movement activists engaged in this practice together.	Link
* MANUAL	"Strategies For Building An Organisation With A Soul" Hope Chigudu and Rudo Chigudu Strategies for Building an Organisation with a Soul is an organisational development guide with a difference. Hope Chigudu and Rudo Chigudu, two experienced and wise African feminists, have produced a guide that focuses on the 'what' and 'how' of organisational leadership rather than organisational management. It's focus on power relationships, on 'care' and on putting values and principles at the heart of organisational systems and activities introduces new ways of thinking about how organisations operate effectively and with meaning. Taken from airforafrica.org website.	Link
* ARTICLE	"Creating a healing space for women human rights defenders" Ana María Hernández Cárdenas & Nallely Guadalupe Tello Méndez, published on Open Global Rights, May 10, 20	Link
* WEBSITE	Resources for Resilience This website was created by the Human Rights Resilience Project. The Project seeks to promote resilience and improve mental health and well-being among human rights advocates. The members of the project conduct research into mental health, promote awareness of well-being issues in the human rights, offer trainings and mentoring, and work to support the development of a global community of practice engaged in collective learning about resilience.	Link
* WEBSITE	Vulva Sapiens Feminist researchers who share a passionate interest in women's health, self-management gynecology, the appropriation and construction of the body, as well as its political dimension, among other issues.	Link