

Wellness Tips for Mass Mobilization



1. Prioritize Sustainable Activism, Not Burnout Culture

- Pace yourself — the struggle is a marathon, not a sprint.
- Focus on long-term presence over short-term exhaustion.
- Rest is a radical act of resistance against systems that want to wear you down.



2. Prepare Your Body Like a Movement Tool

- Hydrate before, during, and after protests or long organizing days.
- Wear comfortable, durable shoes and layered clothing.
- Stretch before actions — treat marches like endurance events.
- Carry light snacks (nuts, protein bars) to maintain energy.



3. Build a Personal Resilience Ritual

- Develop grounding practices: deep breathing, stretching, quick meditation, mantras.
- After every big action or meeting, schedule personal decompression time.
- Protect your joy: listen to energizing music, dance, cook, laugh, create.



4. Guard Your Mental Health Like Your Message

- Limit doom-scrolling: Set time limits for news and social media.
- Balance your political education with content that brings you hope.
- Seek out therapy, peer support groups, or activist mental health circles when needed.



5. Lean Into Collective Care

- Check in on your comrades regularly — and accept care yourself.
- Build buddy systems for large actions (so no one is isolated).
- Celebrate even small victories together — joy fuels movements.



6. Stay Spiritually and Morally Anchored

- Reconnect often with your "why" — your deeper purpose for mobilizing.
- Reflect on victories across history to remind yourself that change is possible.
- Practice rituals that bring you a sense of meaning: ceremonies, candlelight vigils, song circles.



7. Never Stop Learning and Recharging

- Attend skillshares, political education classes, organizing workshops.
- Learn from other movements, past and present — history can offer wisdom.
- Take time for hobbies completely unrelated to organizing to refresh your spirit.



8. Create Sanctuary Spaces

- Design spaces (physical or virtual) where you and your community can breathe.
- Make your living space a place of restoration — art, plants, affirmations.
- Plan regular collective gatherings that are about joy, not just strategy.



9. Have Emergency Self-Care Plans

- Know how you'll decompress after a crisis (e.g., legal support, safe spaces).
- Create a "wellness kit" with items that calm and strengthen you (journal, herbal tea, hotline numbers, favorite book, etc.).
- Keep your mental and physical emergency contacts accessible.



10. Radical Rest = Radical Power

- Reject the myth that urgency means abandoning self.
- A rested, cared-for organizer is a more dangerous, effective force for change.
- Rest is not giving up — it is gathering strength for the next move.