Welcome CIVICUS, Activists/Labers, Claudine, and Interpreters!

Ginhawa

On Stress and Care

with your story-weaver: Naro
Map of December's Voyage

Act 1
Stress
Fighting for Freedom in an Oppressed World
40 min

Act 2
Self & Collective Care
Care as Protest
40 min

Paghilom & Laya
5 min

Pakikipag-kapwa
Being with each other
20 min
There may be discomfort, let’s embrace it.
Let’s create a safe and brave space. Practice curiosity.

Trust and believe we will keep each other safe.
Practice respect, consent, and confidentiality. Avoid making judgments.

Listen and share with our entire emotions & being
All emotions and thoughts are welcome here.

Be who you are.
You can be as clear, indirect, confusing, complex, blunt, as you are. Genuinely human.
What are you looking forward to in 2022?
What is Ginhawa?

"Fullness of Life" or "Total Wellbeing"

- Having a life that is organized, whole, and eventful.
- Having a life that is full of sarap (pleasure) and ligaya (happiness/positive experiences).
- Having a life where we feel gaan (lightness) and gana (drive or motivation).
A natural & physical reaction of people to events or situations. This can take the form of fight (face the danger), flight (avoid or get away), or freeze (unable to move).

There are two types:
Good Stress (Eustress) at Bad Stress (Distress)
Good Stress

- Protects or supports us in our day to day life
- Signals threats or dangers
- Goes away soon after

Bad Stress

- Harmful
- Intense feelings that doesn't go away easily
- Prevents us from feeling good, healthy, or at peace
When do you feel stress?
Stress from Myself

Stress from my Org or Community

Stress from My Society
When is Stress 'too much'?

**Burnout**
- Emotional, mental, and physical exhaustion
- Feeling demotivated

**Compassion Fatigue**
- Loss of passion and interest to caring or helping others
- Feeling jaded and hopeless

**Vicarious Trauma**
- Distress from listening to the suffering of others
- Feeling overwhelmed
Which of these have you felt or experienced before in your activism?

- Burnout
- Compassion Fatigue
- Vicarious Trauma
Stress

- Is normal, part of life, and can help us survive and grow.

- Can also affect our freedom. Bad stress (distress) can prevent us from living fully, from doing what we love, and from being our genuine selves.
pahuway

10 minute break
Call a friend once every week!

Helping others!

Meditate for 30 mins per day

Learn how to budget

Climb a mountain clean my room

New hobby (1 hr / day)!

Social media break!

Wellness & Wellbeing

Physical

Financial

Environmental

Occupational

Intellectual

Social

Spiritual

Emotional
Self Care

How do you care for yourself?

You can use the Jamboard :)}
What do I do to care for myself?

wellness & wellbeing
“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

Audre Lorde
Pandemic

IF YOU CAN'T DO IT ALONE...

SOLIDARITY!

COLLECTIVE CARE!

❤❤❤❤❤
Collective Care

Why is collective care important?

Regenerative Activism
where our activism can thrive for lifetimes

Care is a political act.
Care as resistance.
Care as protest.

Care as a collective responsibility.

Caring for each other as social justice.
What can we do to care for our fellow activists?
Overview of Psychological First Aid

**Look**
- Check for safety.
- Check for basic needs (food, shelter, access to services, etc.)
- Check for distress (burnout, compassion fatigue, vicarious trauma)

**Listen**
- Ask about needs and concerns.
- Listen empathically and help them feel calm.

**Link**
- Accessible services (social, legal, etc.)
- Reliable information
- Connect them to loved ones and social support (community, chosen family, etc.)
What would you say to a fellow activist who's having a stressful time?
Map of December’s Voyage

Act 1
Stress
Fighting for Freedom in an Oppressed World
40 min

Act 2
Self & Collective Care
Care as protest
40 min

Paghilom & Laya
5 min

Pakikipag-kapwa
Being with each other
20 min

5 min break

Ginhawa

Daghang salamat!
@ CIVICUS,
Activists/Labels,
Interpreters & Claudine

Feel free to get in touch any time. We are here for you and for any social justice defender:
keriforactivists@gmail.com
fb.com/kerimentalhealth

See you next in 2022!
STRESS
FIGHTING FOR FREEDOM IN AN OPPRESSED WORLD

A NATURAL AND PHYSICAL REACTION OF PEOPLE TO EVENTS OR SITUATIONS

WHEN IS STRESS “TOO MUCH”?

BURNOUT
EMOTIONAL, MENTAL, AND PHYSICAL EXHAUSTION

COMPASSION FATIGUE
LOSS OF PASSION AND INTEREST IN HELPING OTHERS

VICARIOUS TRAUMA
DISTRESS FROM LISTENING TO THE SUFFERING OF OTHERS

STRESS CAN GET HEAVY WHEN IT ACCUMULATES
IDENTIFYING THE SOURCES OF OUR STRESS CAN HELP US FIGURE OUT HOW WE ARE AFFECTED BY THEM AND HOW TO HANDLE THEM

THERE IS BOTH GOOD STRESS AND BAD STRESS

VISUAL SUMMARY BY CLAUDINE DELFIN
SELF & COLLECTIVE CARE

CARE AS PROTEST

THE BEST FORM OF SELF-CARE IS ONE THAT WORKS BEST FOR US

WELLNESS WHEEL

SPIRITUAL

EMOTIONAL

SOCIAL

FINANCIAL

PHYSICAL

ENVIRONMENTAL

DIGITAL

INTELLECTUAL

OCCUPATIONAL

SELF-CARE IS AN EXPLORATION OF ALL THE DIFFERENT PARTS OF OURSELVES AND FINDING OUR SOURCES OF JOY

WHY IS COLLECTIVE CARE IMPORTANT?

CARE IS A POLITICAL ACT. CARE AS RESISTANCE. CARE AS PROTEST

CARE AS A COLLECTIVE RESPONSIBILITY

CARING FOR EACH OTHER AS SOCIAL JUSTICE

VISUAL SUMMARY BY CLAUDINE DELFIN