

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



Ginhawa

On Stress and Care

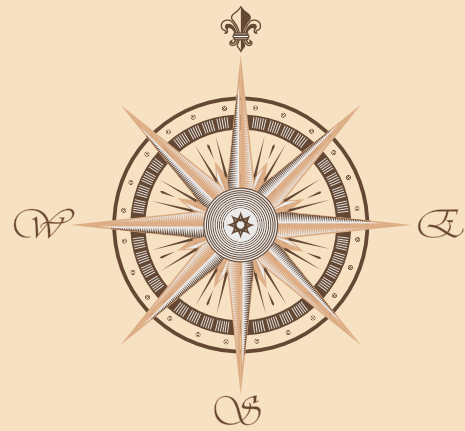


with your story-weaver:
Naro



Ginhawa

Map of December's
Voyage



Pakikipag-kapwa

Being with each other

20 min



Act 1

Stress

Fighting for Freedom in
an Oppressed World

40 min



10 min
break



Paghilom & Laya

5 min



Act 2

Self & Collective Care

Care as Protest

40 min

**There may be discomfort,
let's embrace it.**

Let's create a safe and brave
space. Practice curiosity.

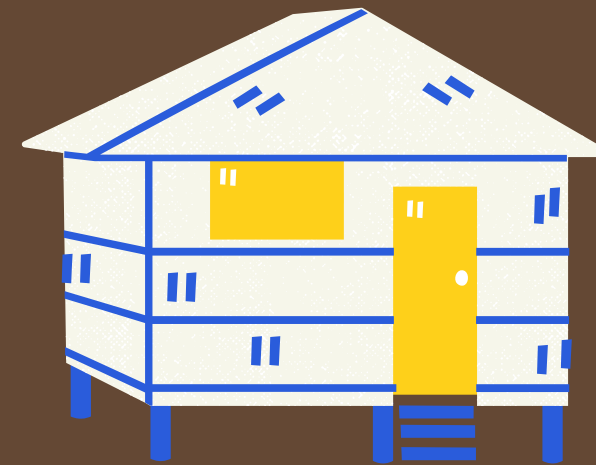
**Trust and believe we will
keep each other safe.**

Practice respect, consent, and
confidentiality. Avoid making
judgments.

"RELAX"



Tahanan
Our Safe Home



**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?**



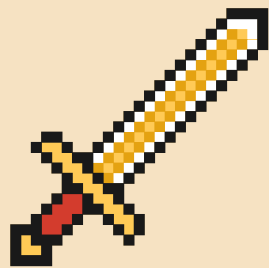
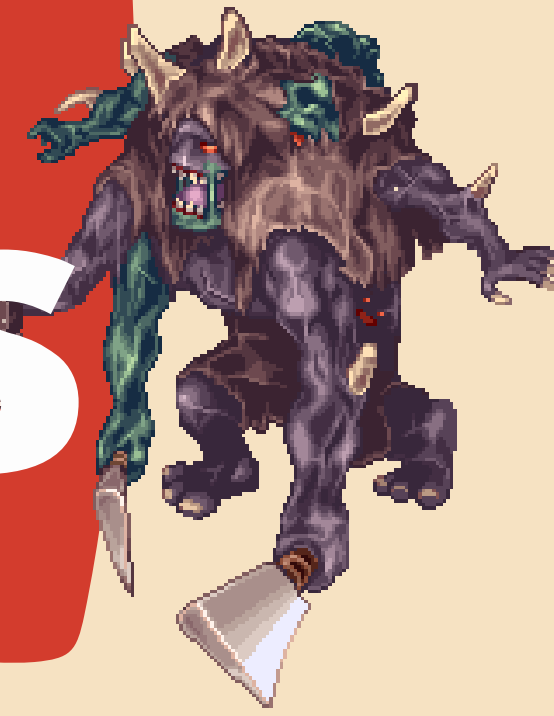


What is **Ginhawa**?

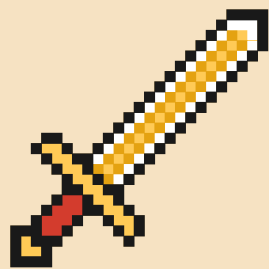
"Fullness of Life" or "Total Wellbeing"

- 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).

Stress



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



Burnout

**Compassion
Fatigue**

**Vicarious
Trauma**

**Which of these have you felt or
experienced before in your activism?**



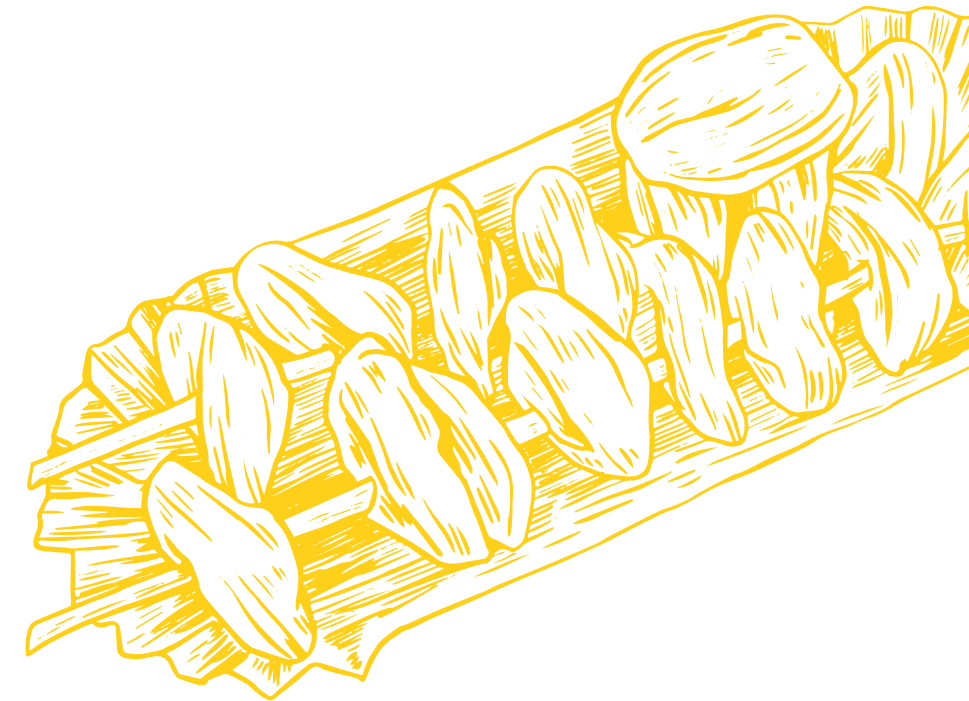
Stress

- 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.



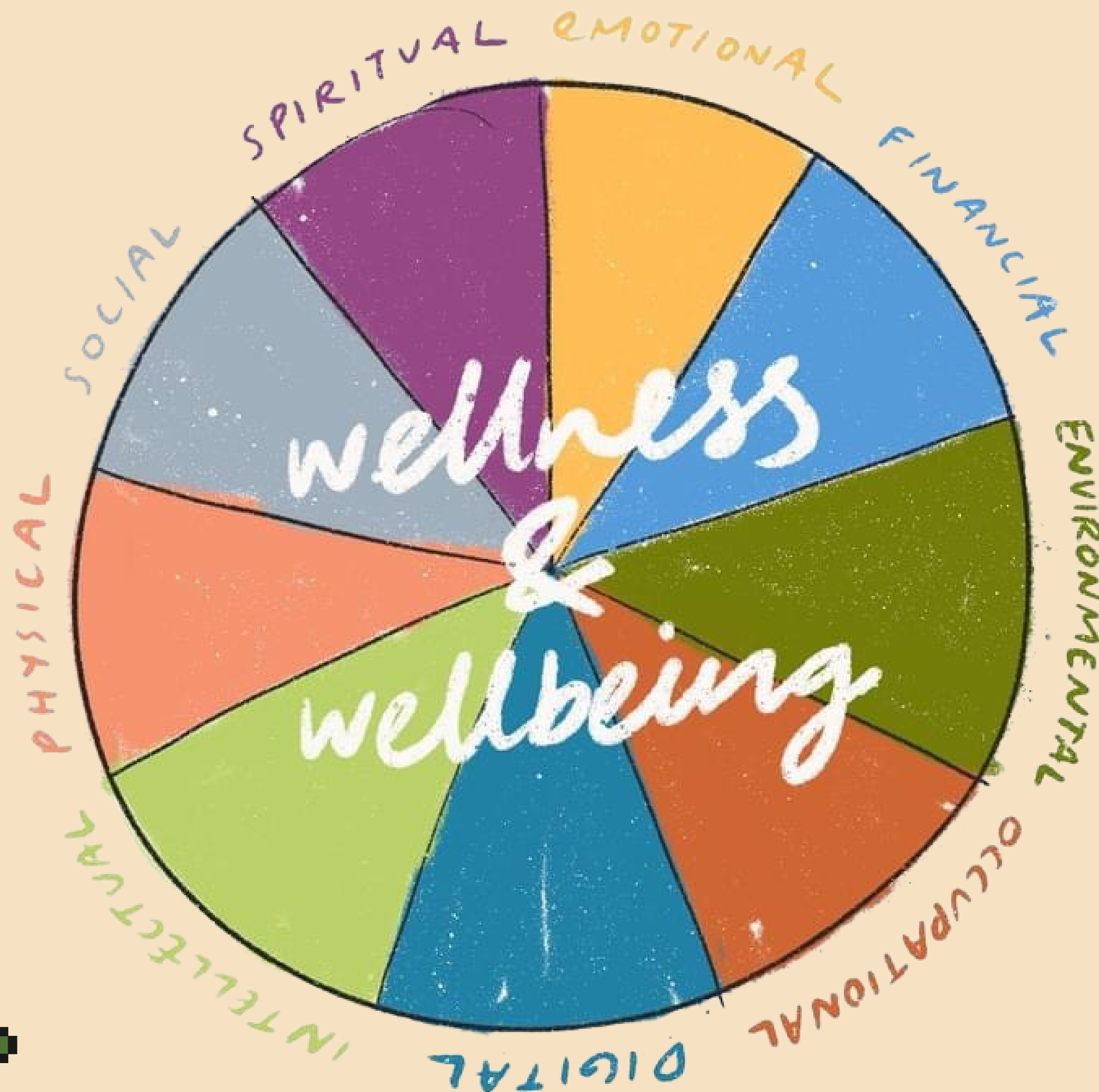
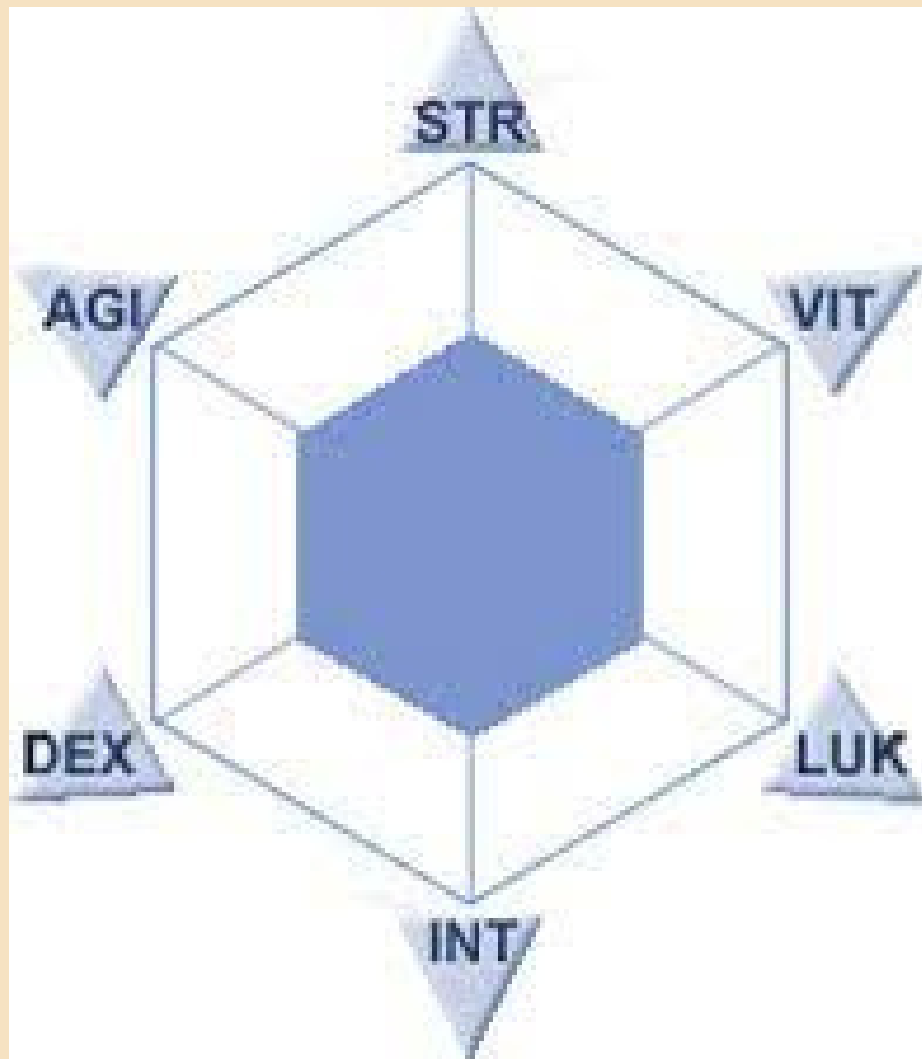
pahuwqay

10 minute break



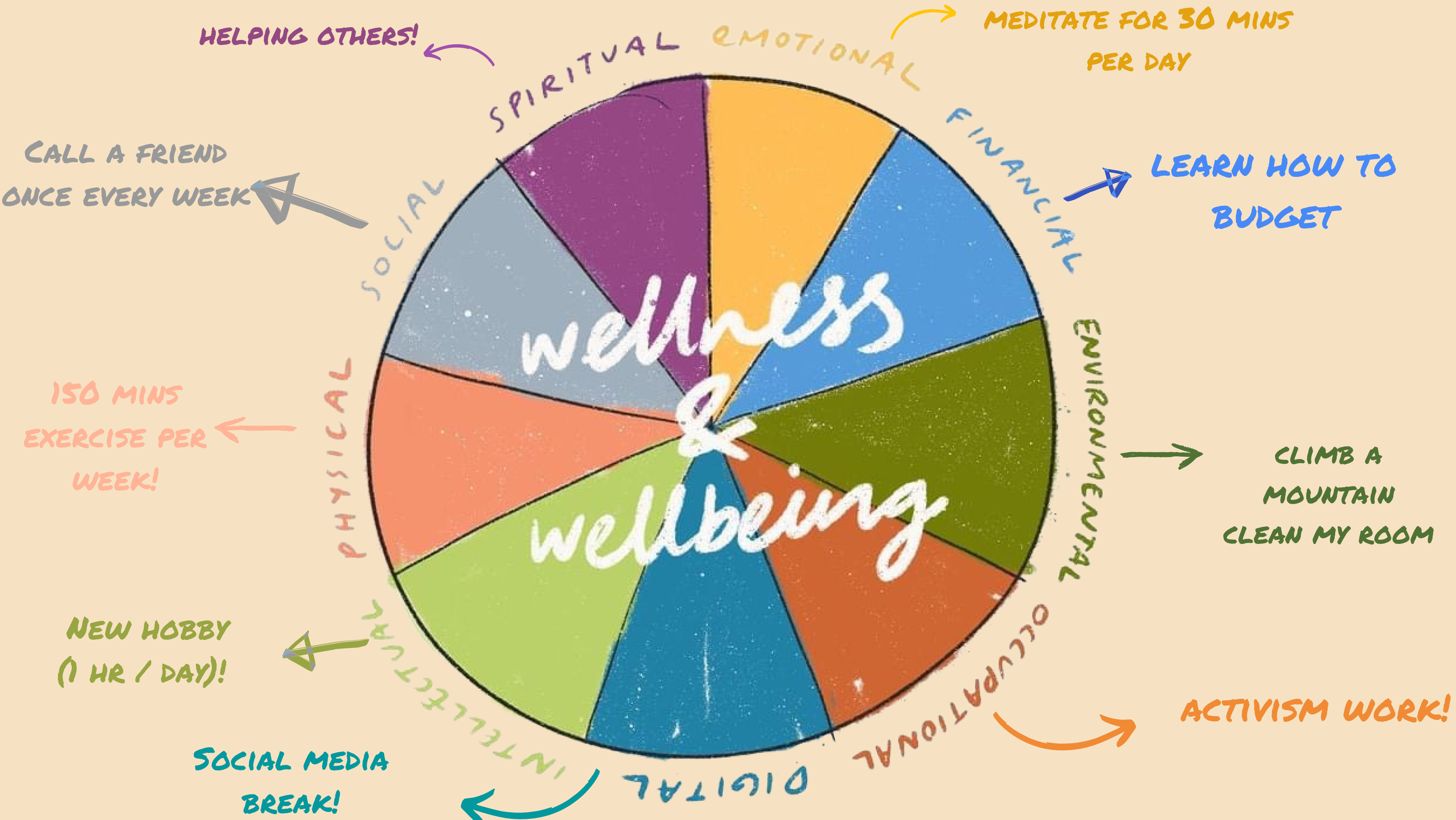


Bad Stress



Self Care





HELPING OTHERS!

MEDITATE FOR 30 MINS PER DAY

LEARN HOW TO BUDGET

CLIMB A MOUNTAIN
CLEAN MY ROOM

ACTIVISM WORK!

SOCIAL MEDIA BREAK!

NEW HOBBY (1 HR / DAY)!

150 MINS EXERCISE PER WEEK!

CALL A FRIEND ONCE EVERY WEEK

wellness & wellbeing

Self Care

How do you care for yourself?

You can use the Jamboard :)



What do I do to care for myself?



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

Audre Lorde





**IF YOU CAN'T DO IT
ALONE...**



**SOLIDARITY!
COLLECTIVE CARE!**



Pandemic



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.**

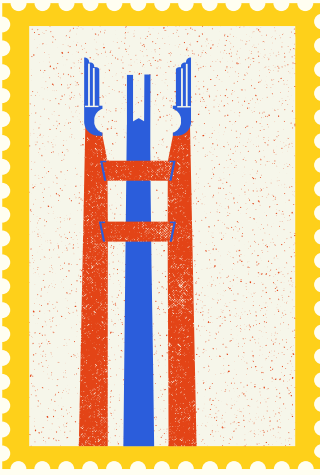
**Care as a
collective
responsibility.**

**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

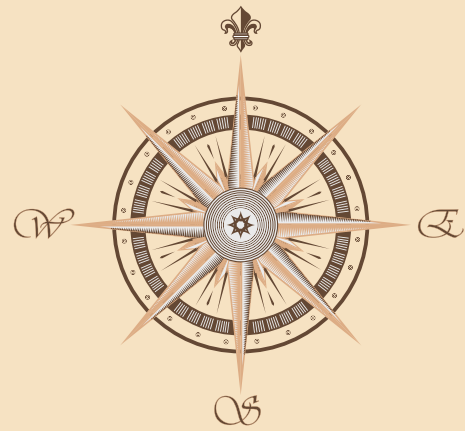
Accessible services (social, legal, etc.)
Reliable information
Connect them to loved ones and social support (community, chosen family, etc.)

Love Language

What would you say to a fellow activist
who's having a stressful time?

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Voyage



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Ginhawa

Daghang salamat!
@ CIVICUS,
Activists/Labers,
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

The logo for 'keri' features the letters 'ke' in red, 'ri' in blue, and a yellow 'e' in the middle. The letters are stylized and lowercase.

See you next in 2022!



FIGHTING FOR FREEDOM
IN AN OPPRESSED WORLD

THERE IS BOTH
GOOD STRESS AND
BAD STRESS

A NATURAL AND PHYSICAL REACTION OF
PEOPLE TO EVENTS OF 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



SELF & COLLECTIVE CARE

CARE AS PROTEST

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



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

