Syllabus on Self-Care and Wellness for Social Justice Activists

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

All About Mental Health

a. National Alliance on Mental Illness: [Know the Warning Signs](#) - learning the difference between mental illness and expected behaviors
b. CDC: [Learn About Mental Health](#)
c. [Racial battle fatigue and activist burnout in racial justice activists of color at predominantly White colleges and universities](#) (Gorski, 2017).
d. [Burnout and the Brain](#) from the Association for Psychological Science
e. The American Institute of Stress: [Burnout vs. Compassion Fatigue](#)

Self-Care Tips: Avoiding Activism Fatigue and Burn-out

a. [Introduction to Self-Care](#) from University at Buffalo School of Social Work
b. [Developing Your Self-Care Plan](#) from University at Buffalo School of Social Work
c. [An Action Plan for Self-Care](#) (developed for practicing psychologists, but relevant for anyone working in an emotionally demanding job)
d. [5 Self Care Tips for Activists](#) from everyday feminism
e. [The Critical Role of Self-Care in Social Justice Movements](#)
f. [Work-Life Balance](#) from Mental Health America
g. [Amnesty International USA Explains Self Care as a Form of Activism](#)
h. [6 Ways to Weave Self-Care into Your Workday](#) from Harvard Business Review
i. [Self-care and prevention of burnout among activists- tools for everyday life](#) from Frontline Aids
j. [Madness & Oppression: A Mad Maps Guide by The Icarus Project](#)
k. [How to Beat and Prevent Burnout](#) from Science of People

Local and Online Resources

a. [Counseling and Psychological Services](#) (for students only)
b. [Counseling and Assessment Clinic](#)
c. [Sanvello Web and Mobile App](#) (free with tamu.edu email)
d. [mindful](#)
e. [Headspace](#) - iPhone and Android app
f. **Student Counseling Helpline** – (979) 845 - 2700