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## ***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

