

EXTERNAL RESOURCES ON MENTAL HEALTH

The following list of external resources are created by a human rights student at Global College for “Mental Health, Self-Care, Human Rights Work for the University of Winnipeg, Global College.”

A note from the contributor: *Some of these resources use the word “activist”. In the university and academic context, we may not all identify ourselves as activists, but rather as students, professors, workers, advocates, researchers, employees, etc. who are engaging in human rights learning and/ or work. The word activist can be swapped out for any identity you take on while engaging in human rights work. Much of the self-care and burn out information included here is widely applicable, making it important and valuable in the public/work context as well as the private/ personal context.*

- Definitions and explanations of self-care and burn out:

➤ Self-Care for Activists: Sustaining Your Most Valuable Resource:

<https://www.newtactics.org/conversation/self-care-activists-sustaining-your-most-valuable-resource>

➤ Burnout as human rights worker and how to tackle it:

<https://www.humanrightscareers.com/magazine/burnout-as-human-rights-worker/>

- Some people who advocate based on their experience do not consider themselves activists. They are fighting for their rights as human beings and living injustice every day. There is less choice involved in advocating or not.
- On taking care of yourself, longevity matters. Not feeling shame in having to take breaks and engage in non-work activities, or finding new ways to enjoy yourself despite the challenges of human rights work:

➤ Radical Self Care: Angela Davis: <https://www.youtube.com/watch?v=Q1cHoL4vaBs>

➤ Radical Self Care: Alicia Garza: <https://www.youtube.com/watch?v=NQ7FGkfPwyE>

➤ Comment: <https://www.newtactics.org/comment/3346#comment-3346>

- As someone engaging in or learning about human rights (work), what is your role? What would you like it to be? Be honest with yourself! There is no wrong answer and it’s okay if the answer changes over time.

▪ One does not need to only act selflessly or suffer to engage in human rights work:

➤ Self-Care for Activists: Sustaining Your Most Valuable Resource:

<https://www.newtactics.org/conversation/self-care-activists-sustaining-your-most-valuable-resource>

▪ How do we help each other engage in self-care practices so collectively we can thrive in this line of work?:

➤ Anthony on Indigenous Mental Health and Self Love:

<https://www.youtube.com/watch?v=AJbUyIIPKKY>

Videos +:

Radical Self Care: Angela Davis: <https://www.youtube.com/watch?v=Q1cHoL4vaBs>

Radical Self Care: Alicia Garza: <https://www.youtube.com/watch?v=NQ7FGkfPwyE>

Anthony on Indigenous Mental Health and Self Love:

<https://www.youtube.com/watch?v=AJbUylPKKY>

ABC's of Self Care: <https://www.youtube.com/watch?v=BXvxexGpXbc>

The Activists Guide to Self Care: <https://www.youtube.com/watch?v=xpPAteQDSkI>

Indigenous Women's Self-Care Song: <https://www.youtube.com/watch?v=JxXn-kcokEw>

White Activists and the Burnout of Activists of Color:

<https://www.youtube.com/watch?v=VLwlpDRbxMk>

Self-Care, #UsWomenDefenders: <https://www.youtube.com/watch?v=hwcRIEVksHw>

Feelin Weird Podcast: <https://feelinweird.com/>

Websites and online resources:

Self-Care for Activists: Sustaining Your Most Valuable Resource:

<https://www.newtactics.org/conversation/self-care-activists-sustaining-your-most-valuable-resource>

Being Well and Staying Safe: Resources for human rights defenders:

<https://www.newtactics.org/conversation/being-well-and-staying-safe-resources-human-rights-defenders>

- “The first step identified in integrating well-being into security is challenging the idea that the individual is not as important as his/her work. Too often well-being and security are perceived to be the price paid to do human rights work, when really the passion and well-being of human rights defenders is what motivates them to do their work well.”

Burnout as human rights worker and how to tackle it:

<https://www.humanrightscareers.com/magazine/burnout-as-human-rights-worker/>

Protecting the Humanitarian Individual: Mindfulness and Self-Care in Humanitarian Action:

<https://iow.eui.eu/2015/04/29/protecting-the-humanitarian-individual-mindfulness-and-self-care-in-humanitarian-action/>

- “In a sector where job instability runs high, and mental health is still stigmatised [sic], aid workers are known to hide their own suffering for fear of not being seen fit for the job. What if humanitarian agencies cultivated from within the very humanity that they purport to have for ‘distant strangers’?”

United Nations Mental Health Matters, A Healthy Workforce for a Better World “Taking Care of Yourself” document: <https://www.un.org/en/healthy-workforce/files/Self%20Care.pdf>

How to prevent Burnout in Aid Work (pp. 54) by Alessandra Pigni:

https://issuu.com/whydev/docs/whydev_ebook_vol_01_2016