

# WAYS TO PROVIDE CARE AFTER A PROTEST OR ACTION

#WeKeepUsSafe

An action is NOT over until everyone is home safe and healthy. In order to ensure everyone's holistic safety and security here are some suggested guidelines.



## HOLISTIC CHECK-IN

Check in with yourself and your team – mentally, physically, emotionally.



## TEAM DEBRIEF

What went well, what can you improve on and what were the challenges?



## SUPPORT WHEN DECOMPRESSING

If you don't have a team ask a friend to hold space for you as you share your experience with them.



## PERSONAL GROUNDING TOOLKIT

Incorporate practices to get you back to a state of regulation where you are calm, cool, collected and connected.



## HEALTHY ACTIVIST, HEALTHY MOVEMENT

Drink water, eat nourishing food, do what you need to feel comforted and cared for.