

EMOTIONAL+PHYSICAL SAFETY IN PROTESTS

1. **Create safety and/or support plans in advance.** Ask yourself and community that you trust, what will I/we do if _____ happen? How would I/we like to be supported?

2. **Pack a wellness bag** for you and comrades including:

- * The National Lawyers Guild number (212) 679-5100
- * Water to drink and to wash skin or eyes if needed
- * Healthy snacks/fruits
- * Comfortable protective shoes you can move and run in
- * Extra warm layers in fall or winter (gloves, scarves, hand and toe warmers)
- * Zip-lock with bandana soaked with cider vinegar (water if nothing else) for breathing during chemical exposure
- * Shatter-resistant eye protection
- * Fresh clothes in plastic bag (in case yours get contaminated by chemical weapons)
- * Inhaler, epi-pen, insulin or other meds/healing herbs as needed
- * Several days of prescription medication and doctor's note in case of arrest
- * Protective herbs and crystals (ie sage, cedar, osho root, onyx, amethyst)
- * Nervous system tinctures: oatstraw, motherwort, lemon balm, Rescue Remedy
- * Throat lozenges (for all that chanting!)
- * Tampons and pads
- * First aid kit

3. **Figure out what your capacity is.** Can you protest for 1 hour or 7? Does your body or emotional state require you shift your form of resistance off of the streets? Are you someone who is arrestable? Give what you can, but think long-term and honor your limits.

4. **Speak an affirmation** or commitment that brings you back to your purpose. Examples:

- "Black lives matter." (alicia garza, opal tometi, patrisse cullors)
- "My people are free." (harriet tubman)
- "Love's in need of love today." (stevie wonder)
- "I am enough." (adrienne maree brown)
- "Black love." (BOLD and many others)
- "I am a practice ground for abundance/love/fearlessness/transformation/magic." (adrienne maree brown)
- "All that you touch you change." (octavia butler)
- "I am significant." (adaku utah)
- "There is no place that love cannot find you." (naima penniman)
- "When Black people get free, everybody gets free." (black lives matter)

6. **BREATHE.** Take three breaths that are a little deeper. Imagine the breath filling you up from just below your belly button, up through the heart, out to the edges, more each time, till your whole body has breath. Do this every time you need to come back to your center.

7. **Get your healing on.** Try community acupuncture, somatic bodywork, massage, limpieas, craniosacral, tarot, reiki, coaching, sauna, spa or hot springs, sexual healing, meditation, prayer. Burn sage, juniper, palo santo or cedar to cleanse your energy after protest.

IN BLACK LOVE+SOLIDARITY, #BLACKLIVESMATTER

Contributed with fierce, magnanimous Black love from Adrienne Maree Brown, Autumn Brown, Mark-Anthony Johnson, Naima Penniman, and Adaku Utah

