

# Resources with Links

## Top Resources

### **Sustainable Activism and Avoiding Burnout**

By Riseup

[https://www.activist-trauma.net/assets/files/burnout\\_flyer\\_rightway.pdf](https://www.activist-trauma.net/assets/files/burnout_flyer_rightway.pdf)

### **Coping With Outrage Fatigue**

By David J. Ley Ph.D.

<https://www.psychologytoday.com/us/blog/women-who-stray/201709/coping-outrage-fatigue>

### **Politically Active? 4 Tips for Incorporating Self-Care**

By Jeremy Schwartz

<https://health.usnews.com/health-care/for-better/articles/2017-02-27/politically-active-4-tips-for-incorporating-self-care>

### **5 Self Care Tips for Activists — ‘Cause Being Woke Shouldn’t Mean Your Spirit’s Broke**

By Kim Tran

<https://everydayfeminism.com/2016/04/self-care-for-woke-folks/>

## Additional Resources

### **Activist Burnout Is Real – And You Probably Need to Read These 4 Ways to Manage It**

By Aliya Khan

<https://everydayfeminism.com/2015/05/dealing-with-activist-burnout/>

### **Compassion Fatigue Webinar Presentation**

by E. Ayn Welleford and Katie Gilstrap

<https://alzpossible.org/wp-content/uploads/2017/08/2015-Webinar-Compassion-Fatigue.pdf>

### **How Leftist Activists Can Avoid Burnout Under Trump**

By Elizabeth King

<https://psmag.com/social-justice/how-leftist-activists-can-avoid-burnout-under-trump>

### **Are You Suffering from Compassion Fatigue?**

By Sherrie Bourg Carter Psy.D.

<https://www.psychologytoday.com/us/blog/high-octane-women/201407/are-you-suffering-compassion-fatigue>

### **5 Signs You’re Experiencing Compassion Fatigue**

By Jennifer Koza

<https://www.joinonelove.org/learn/5-signs-youre-experiencing-compassion-fatigue/>