



Training As Action Series
2023-2024

1/26/24

FINDING JOY: INTEGRATING MENTAL WELLNESS INTO YOUR ADVOCACY STRATEGIES

Monday, February 26, 2024 - 7-9 pm ET

SUMMARY

Human rights work often takes an emotional toll on its practitioners, but there are ways to mitigate this toll and find joy and solidarity in the work. This final module aims to explore how to integrate wellness strategies into the various actions discussed throughout the training series, and to establish the importance of self-care in order to care for others.

OBJECTIVES

- Understand the importance of maintaining mental wellness during human rights work
- Discuss ways to find joy and solidarity
- Explore how to integrate mental wellness strategies when organizing advocacy campaigns, protests/demonstrations, and other human rights initiatives

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