



ACTIVISM DOESN'T HAVE TO HAVE A SINGLE LOOK. ONE CAN STILL BE AN ACTIVIST IN THE BACKGROUND OR WITHIN A SYSTEM.

healthy activism

How to recharge & stay grounded in activism:

SHARING FOOD



APPRECIATING OURSELVES



SPACE & SILENCE FOR REST & REFLECTION

COLLECTIVE CARE

TALKING WITH FRIENDS/THERAPIST

EXERCISE/WALKS



TRYING OFFLINE DAYS

CONNECTING WITH NATURE

LISTENING TO MUSIC

TAPPING INTO YOUR CREATIVITY

SPENDING TIME WITH LOVED ONES

Why talk about this?

POLY CRISIS STATE OF THE WORLD



HYPER-CONNECTED NATURE OF SOCIETY



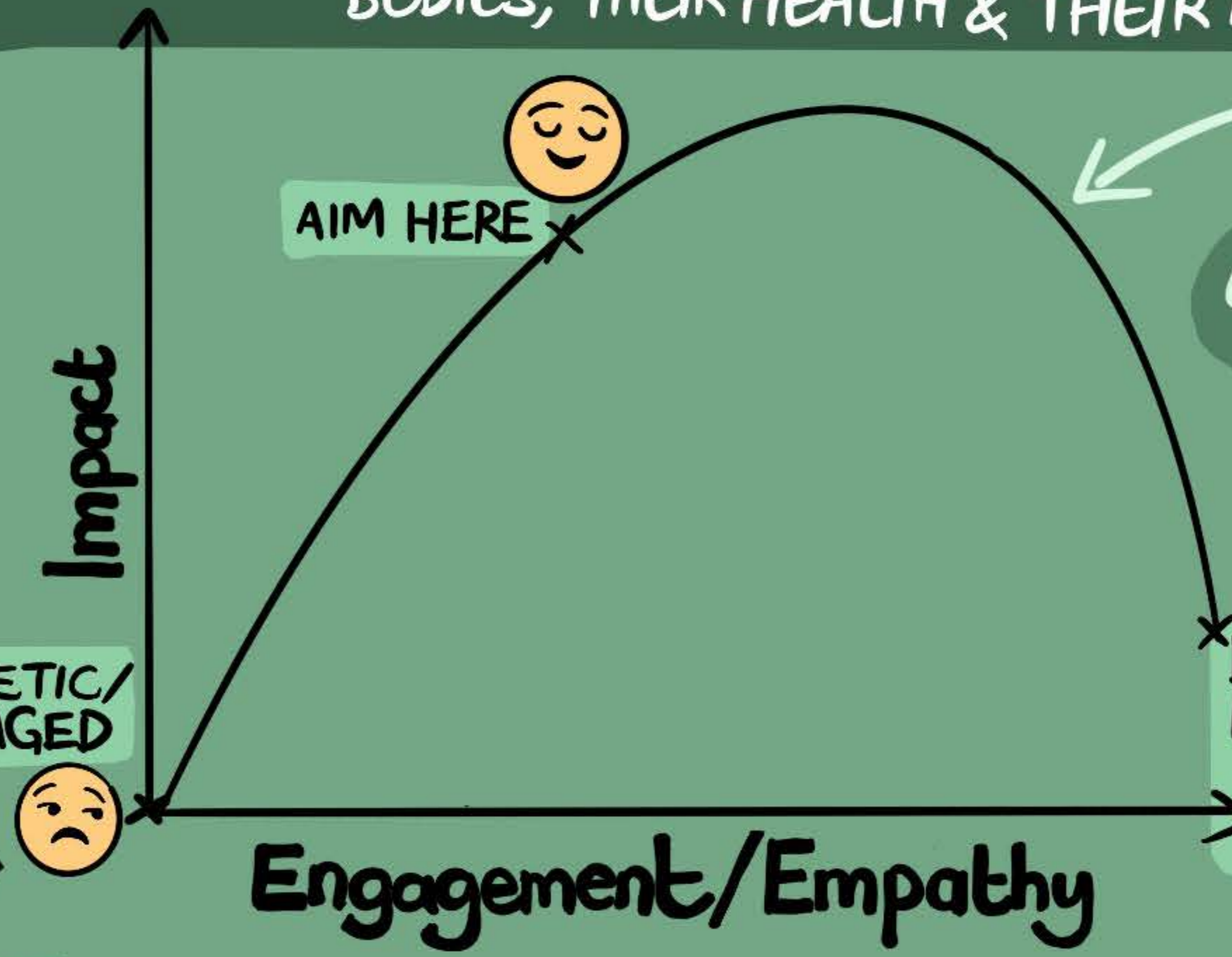
WE ALL WANT TO SEE A BETTER WORLD & BELIEVE IT CAN BE ACHIEVED



A PROJECT LED BY THE SRHR ALLIANCE KENYA & CHOICE FOR YOUTH & SEXUALITY AS PART OF THE AU EU YOUTH ACTION LAB. THE PROJECT EQUIPS YOUNG PEOPLE IN THE EUROPEAN & AFRICAN UNIONS WITH THE SKILLS, TOOLS & NETWORKS THEY NEED TO INFLUENCE INTERNATIONAL DECISIONS THAT IMPACT THEIR BODIES, THEIR HEALTH & THEIR RIGHTS.



SAY YES TO YOUTH!



Graph Credits: Nori Spauwen



ACTIVISM CAN DRAIN YOU BUT IT CAN ALSO RECHARGE YOU!

Tools you can benefit from:

REST IS RESISTANCE BY TRICIA HERSEY

Mental Health Africa



MINDFULNESS APPS E.G. INSIGHT TIMER APP, HEADSPACE



SOFTIE BY BONIFANCE MWANGI